B	I	N	G	O
Sit & Reach	Ankle Circles	Chest Press	Marching	Knee Extension
Arm Reach	Shoulder Rolls	Leg Lifts	Arm Circles	Shoulder Flex
Tummy Twists	Arm Curls	**FREE**	Elbow to Knee	Free Space
Shin Strengthener	Heel Raises	Leg Lifts	Chest Stretch	Knees Out
Arm Raises	Neck Stretch	Balancing Toe Taps	Wrist Circles	Bird Wings

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B	I	N	G	O
Tummy Twists	Wrist Circles	Arm Circles	Heel Raises	Arm Reach
Marching	Free Space	Chest Press	Knees Out	Arm Curls
Elbow to Knee	Ankle Circles	**FREE**	Chest Stretch	Leg Lifts
Bird Wings	Sit & Reach	Balancing Toe Taps	Shin Strengthener	Arm Raises
Knee Extension	Elbow Press	Shoulder Flex	Leg Lifts	Shoulder Rolls

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B	I	N	G	O
Shin Strengthener	Chest Stretch	Tummy Twists	Bird Wings	Marching
Neck Stretch	Shoulder Flex	Wrist Circles	Heel Raises	Arm Curls
Leg Lifts	Arm Circles	**FREE**	Elbow to Knee	Chest Press
Elbow Press	Knee Extension	Arm Raises	Ankle Circles	Sit & Reach
Shoulder Rolls	Leg Lifts	Free Space	Knees Out	Balancing Toe Taps

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