

B	I	N	G	O
Walking Lunges	1 minute march in place	20 High Knees	Shoulder roll - 20 seconds	Butterfly Knees x5 each side
15 big arm circles	Twist side to side - 20 seconds	Reach to your toes - hold for 15	10 Butt Kicks	Run the Ladder 10x
Trunk Twists - x5 each side	Wall Sit	FREE	10 Squats	8 lunges to the right
Balance on left leg- 10 seconds	Star Jumps x10	Balance on right leg - 10 seconds	8 lunges to the left	Calf Raises
20 Hula Hoops circles	12 Calf Raises	Run in Place - 45 seconds	squat and reach ceiling x10	15 small arm circles

B	I	N	G	O
Wall Sit	10 Butt Kicks	Shoulder roll - 20 seconds	15 big arm circles	Reach to your toes - hold for 15
20 High Knees	squat and reach ceiling x10	Butterfly Knees x5 each side	12 Calf Raises	Run the Ladder 10x
Balance on left leg- 10 seconds	10 Squats	FREE	8 lunges to the right	1 minute march in place
8 lunges to the left	Run in Place - 45 seconds	Walking Lunges	15 small arm circles	Star Jumps x10
Balance on right leg - 10 seconds	Calf Raises	Trunk Twists - x5 each side	Twist side to side - 20 seconds	20 Hula Hoops circles

B	I	N	G	O
12 Calf Raises	Run in Place - 45 seconds	10 Butt Kicks	Calf Raises	10 Squats
Walking Lunges	Balance on left leg- 10 seconds	Balance on right leg - 10 seconds	Twist side to side - 20 seconds	Butterfly Knees x5 each side
Trunk Twists - x5 each side	15 small arm circles	FREE	Star Jumps x10	8 lunges to the left
Wall Sit	Run the Ladder 10x	Shoulder roll - 20 seconds	squat and reach ceiling x10	20 High Knees
8 lunges to the right	1 minute march in place	Reach to your toes - hold for 15	15 big arm circles	20 Hula Hoops circles