B	I	N	G	O
Hover right foot off the floor 15 seconds	10x Curls with a weight for 10 days	8x Seated squats for 5 days	8x side reaches (4 per side)	8x lunges
8x Halos	Hover left foot off the floor 15 seconds	8x roll shoulders backwards	8 minute walk	8x shrug shoulders
8x toe taps (4x per side)	Roll wrists 8x (4x one way 4 the other)	**FREE**	8x 30 second planks	8x arm raises (4x each)
8x arm raises (both)	8x squat	8x leg kicks (4 per side)	8x Tricep with weights for 5 days	8x roll hips (4x one way 4x the other)
8x Standing one foot 30 seconds	8x Brides	8x roll shoulders forward	walk on the spot (x 15 seconds)	8x Leg lifts for 5 dsys

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B	I	N	G	O
Roll wrists 8x (4x one way 4 the other)	8 minute walk	8x side reaches (4 per side)	8x Halos	8x roll shoulders backwards
8x Seated squats for 5 days	walk on the spot (x 15 seconds)	8x lunges	8x Brides	8x shrug shoulders
8x arm raises (both)	8x 30 second planks	**FREE**	8x arm raises (4x each)	10x Curls with a weight for 10 days
8x Tricep with weights for 5 days	8x roll shoulders forward	Hover right foot off the floor 15 seconds	8x Leg lifts for 5 dsys	8x squat
8x leg kicks (4 per side)	8x roll hips (4x one way 4x the other)	8x toe taps (4x per side)	Hover left foot off the floor 15 seconds	8x Standing one foot 30 seconds

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B	I	N	G	O
8x Brides	8x roll shoulders forward	8 minute walk	8x roll hips (4x one way 4x the other)	8x 30 second planks
Hover right foot off the floor 15 seconds	8x arm raises (both)	8x leg kicks (4 per side)	Hover left foot off the floor 15 seconds	8x lunges
8x toe taps (4x per side)	8x Leg lifts for 5 dsys	**FREE**	8x squat	8x Tricep with weights for 5 days
Roll wrists 8x (4x one way 4 the other)	8x shrug shoulder s	8x side reaches (4 per side)	walk on the spot (x 15 seconds)	8x Seated squats for 5 days
8x arm raises (4x each)	10x Curls with a weight for 10 days	8x roll shoulders backwards	8x Halos	8x Standing one foot 30 seconds

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