

B	I	N	G	O
Squats	Arm circlers	Grape Vine right	Right leg hop	Mountain Pose
Figure 8 with left elbow	Squat hold	Push ups	Bicep curl	Skipping
Star jumps	Calf raises	FREE	Jog on spot	Jump rope
Sit ups	Left leg hop	Rest	High knees	Plank Pose
Fast feet	Shadow box	Figure 8 with right elbow	Stork stand	Grape Vine left

B	I	N	G	O
Star jumps	Stork stand	Bicep curl	Left leg hop	Figure 8 with left elbow
Right leg hop	Jump rope	Grape Vine right	Plank Pose	Calf raises
Jog on spot	Arm circlers	FREE	High knees	Rest
Grape Vine left	Squats	Figure 8 with right elbow	Sit ups	Fast feet
Mountain Pose	Hip Bumps	Skipping	Push ups	Squat hold

B	I	N	G	O
Sit ups	High knees	Star jumps	Grape Vine left	Right leg hop
Shadow box	Skipping	Stork stand	Left leg hop	Calf raises
Rest	Bicep curl	FREE	Jog on spot	Grape Vine right
Hip Bumps	Mountain Pose	Fast feet	Arm circlers	Squats
Squat hold	Push ups	Jump rope	Plank Pose	Figure 8 with right elbow