

B	I	N	G	O
Torso twists	Ankle circles	Forward punches	Shoulder shrugs	Palms up palms down
FREE	Toe raises	Seated marching	Arm paddles	Shoulder rolls
Step out and in	Upper cuts	FREE	Arm rolls	Leg extension
Cross body punches	Neck look side to side	Shoulder squeezes	Neck up and down	Side bends
Heel raises	Reverse clam	Hand fist and stretch	Clam	Seated toe raises

B	I	N	G	O
Upper cuts	Shoulder squeezes	Shoulder rolls	Seated toe raises	Side bends
Arm rolls	Cross body punches	Palms up palms down	FREE	Reverse clam
Arm paddles	Jumping jacks	FREE	Ankle circles	Neck up and down
Torso twists	Clam	Wrist circles	Shoulder shrugs	Seated marching
Forward punches	Leg extension	Neck look side to side	Heel raises	Toe raises

B	I	N	G	O
FREE	Side bends	Neck look side to side	Shoulder shrugs	Ankle circles
Upper cuts	Shoulder rolls	Forward punches	Cross body punches	Reverse clam
Leg extension	Jumping jacks	FREE	Arm rolls	Arm paddles
Clam	Step out and in	Palms up palms down	Hand fist and stretch	Seated toe raises
Toe raises	Torso twists	Neck up and down	Heel raises	Forward bend