B	I	N	G	O
Tricep Overhead Press	Ball squeezes	Seated heel raises	Standing or Seated heel raises	Shoulder Abduction
Forward bend	Step ups	Sit to stand	Bicep Curls	Standing or Seated hamstring curls
Step downs	Wheel forward	**FREE**	Chest Press	Seated knee extension
Seated marching	Standing side kicks	Seated toe raises	Seated jumping jacks	Shoulder Flexion
Seated hip abduction	Cross body punches	Standing marches	Wrist circles	Seated ankle circles

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B	I	N	G	O
Wheel forward	Bicep Curls	Standing or Seated heel raises	Forward bend	Sit to stand
Seated heel raises	Wrist circles	Shoulder Abduction	Cross body punches	Standing or Seated hamstring curls
Seated marching	Chest Press	**FREE**	Seated knee extension	Ball squeezes
Seated jumping jacks	Standing marches	Tricep Overhead Press	Seated ankle circles	Standing side kicks
Seated toe raises	Shoulder Flexion	Step downs	Step ups	Seated hip abduction

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B	I	N	G	O
Cross body punches	Standing marches	Bicep Curls	Shoulder Flexion	Chest Press
Tricep Overhead Press	Seated marching	Seated toe raises	Step ups	Shoulder Abduction
Step downs	Seated ankle circles	**FREE**	Standing side kicks	Seated jumping jacks
Wheel forward	Standing or Seated hamstring curls	Standing or Seated heel raises	Wrist circles	Seated heel raises
Seated knee extension	Ball squeezes	Sit to stand	Forward bend	Seated hip abduction

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