

B	I	N	G	O
Run in place (or walk quickly)40 seconds	10 Toe Touches	10 Jump rope	5 Squats	10 Side to side choppers
10 Calf Raises	Chair squat 40 seconds	10 Walking lunges	10 Upper Cuts	5 Good Mornings
5 Lunges each Leg	Side step 5 Right and 5 Left	FREE	10 Arm Circles	10 Oblique Twists
10 Prisoner Lunges	5 Bicycle	10 Punches	10 Mountain Climbers	10 Skaters
10 Jumping jacks	10 Arm Pulses	10 Windmills	Single leg balance- 20 seconds each side	10 Front kicks

B	I	N	G	O
Side step 5 Right and 5 Left	10 Upper Cuts	5 Squats	10 Calf Raises	10 Walking lunges
10 Jump rope	Single leg balance- 20 seconds each side	10 Side to side choppers	10 Arm Pulses	5 Good Mornings
10 Prisoner Lunges	10 Arm Circles	FREE	10 Oblique Twists	10 Toe Touches
10 Mountain Climbers	10 Windmills	Run in place (or walk quickly)40 seconds	10 Front kicks	5 Bicycle
10 Punches	10 Skaters	5 Lunges each Leg	Chair squat 40 seconds	10 Jumping jacks

B	I	N	G	O
10 Arm Pulses	10 Windmills	10 Upper Cuts	10 Skaters	10 Arm Circles
Run in place (or walk quickly)40 seconds	10 Prisoner Lunges	10 Punches	Chair squat 40 seconds	10 Side to side choppers
5 Lunges each Leg	10 Front kicks	FREE	5 Bicycle	10 Mountain Climbers
Side step 5 Right and 5 Left	5 Good Mornings	5 Squats	Single leg balance- 20 seconds each side	10 Jump rope
10 Oblique Twists	10 Toe Touches	10 Walking lunges	10 Calf Raises	10 Jumping jacks