

B	I	N	G	O
w	10	1	a	r
i	6	u	n	11
q	the	FREE	walking	2
m	e	5	g	sit up
h	push up	t	hop skipping	c

B	I	N	G	O
the	e	b	k	g
and	20	4	l	j
hop skipping	12	FREE	3	r
f	u	walking	to	11
m	2	6	a	o

B	I	N	G	O
x	s	q	n	stretching
20	4	p	j	6
push up	k	FREE	l	10
e	1	i	w	3
z	y	7	2	r