

B	I	N	G	O
SUPERMAN	ABDOMINALS	HIP FLEXORS	QUADRICEPS	OPEN BOOK
CAT BACK	SHOULDER S	PALM PRESS	BRIDGE	SHOULDER SHRUGS
TRICEPS	CALF RAISES	STRETCH BREAK	LOW BACK	NECK
SHOULDER ROLLS	OBLIQUES	PLANK	INNER THIGH	OUTER THIGH
CALVES	SCAPULAR RETRACTION	CHEST	UPPER BACK	HAMSTRINGS

B	I	N	G	O
TRICEPS	UPPER BACK	BRIDGE	OBLIQUES	CAT BACK
QUADRICEPS	NECK	HIP FLEXORS	OUTER THIGH	CALF RAISES
LOW BACK	ABDOMINALS	STRETCH BREAK	INNER THIGH	PLANK
HAMSTRINGS	SUPERMAN	CHEST	SHOULDER ROLLS	CALVES
OPEN BOOK	KNEES UP	SHOULDER SHRUGS	PALM PRESS	SHOULDER S

B	I	N	G	O
SHOULDER ROLLS	INNER THIGH	TRICEPS	HAMSTRINGS	QUADRICEPS
SCAPULAR RETRACTION	SHOULDER SHRUGS	UPPER BACK	OBLIQUES	CALF RAISES
PLANK	BRIDGE	STRETCH BREAK	LOW BACK	HIP FLEXORS
KNEES UP	OPEN BOOK	CALVES	ABDOMINALS	SUPERMAN
SHOULDER S	PALM PRESS	NECK	OUTER THIGH	CHEST