

B	I	N	G	O
30 Seconds Jog in Place	04 Star Jumps	06 Alt. Lunges Backwards	15 Seconds Lying Down	10 Shoulder Rolls
05 Side Lunges to the Right	20 Small Arm Circles	10 Side To Side Hops	04 Toe Touches	15 Second Plank
20 Second Stretch Anything	5 Squats	FREE	05 Curl Ups	10 Hops Straight up
10 Jumping Jacks	20 Butterfly Stretch	10 Neck Rolls	08 Alt. Leg Lifts	10 Side Bends
06 Squats	05 Side Lunges to the Left	11 Jumping Jacks	8 Push-ups	06 Alt. Forwards Lunges

B	I	N	G	O
5 Squats	04 Toe Touches	15 Seconds Lying Down	05 Side Lunges to the Right	10 Side To Side Hops
06 Alt. Lunges Backwards	8 Push-ups	10 Shoulder Rolls	05 Side Lunges to the Left	15 Second Plank
10 Jumping Jacks	05 Curl Ups	FREE	10 Hops Straight up	04 Star Jumps
08 Alt. Leg Lifts	11 Jumping Jacks	30 Seconds Jog in Place	06 Alt. Forwards Lunges	20 Butterfly Stretch
10 Neck Rolls	10 Side Bends	20 Second Stretch Anything	20 Small Arm Circles	06 Squats

B	I	N	G	O
05 Side Lunges to the Left	11 Jumping Jacks	04 Toe Touches	10 Side Bends	05 Curl Ups
30 Seconds Jog in Place	10 Jumping Jacks	10 Neck Rolls	20 Small Arm Circles	10 Shoulder Rolls
20 Second Stretch Anything	06 Alt. Forwards Lunges	FREE	20 Butterfly Stretch	08 Alt. Leg Lifts
5 Squats	15 Second Plank	15 Seconds Lying Down	8 Push-ups	06 Alt. Lunges Backwards
10 Hops Straight up	04 Star Jumps	10 Side To Side Hops	05 Side Lunges to the Right	06 Squats