B	I	N	G	O
touch left elbow to right knee 40 times	25 frog jumps	crab walk 10 times	shrug shoulders 50 times	reach arms straight overhead for 60 sec
50 small arm circles	stand on right foot for 60 seconds	rotate shoulders forwards 50 times	25 sit-ups	stand on left foot for 30 seconds
50 heel raises	rotate shoulders backwards 50 times	**FREE**	jump 50 times	stand on one foot with eyes closed for 40 sec
march in place	skip across the room 10 times	max out push-up	run in place for 70 seconds	dance
cross legs and reach for toes for 60 sec	reach for toes for 1 min	50 jumping jacks	50 large arm circles	sit against a wall for 60 seconds

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B	I	N	G	O
hold a plank position for 120 seconds	50 heel raises	jump 50 times	stand on right foot for 60 seconds	25 sit-ups
touch left elbow to right knee 40 times	stand on one foot with eyes closed for 40 sec	rotate shoulders backwards 50 times	shrug shoulders 50 times	reach for toes for 1 min
march in place	reach arms straight overhead for 60 sec	**FREE**	50 small arm circles	crab walk 10 times
rotate shoulders forwards 50 times	touch right elbow to left knee 30 times	sit against a wall for 60 seconds	skip across the room 10 times	50 jumping jacks
50 large arm circles	run in place for 70 seconds	25 frog jumps	max out push-up	walk backwards 10 times

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B	I	N	G	O
touch right elbow to left knee 30 times	50 toe raises	50 heel raises	sit against a wall for 60 seconds	50 small arm circles
rotate shoulders backwards 50 times	choose your own exercise	walk backwards 10 times	25 sit-ups	touch left elbow to right knee 40 times
max out push-up	50 large arm circles	**FREE**	shrug shoulders 50 times	jump 50 times
crab walk 10 times	hold a plank position for 120 seconds	25 frog jumps	cross legs and reach for toes for 60 sec	reach for toes for 1 min
run in place for 70 seconds	stand on right foot for 60 seconds	skip across the room 10 times	march in place	stand on left foot for 30 seconds

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