B	I	N	G	O
standing 1 minute	3-point taps	deep breath	single leg standing	knee kicks
brain exercise	squats	shoulder circles	Heel raises	shoulder squeezes
sitting marches	toe raises	**FREE**	ankle circles	hip ABD
hip extension	sit<>stand	hip flexion	head turns	reach to the sky
finger taps	bicep curls	shoulder crosses	wrist waves	criss cross reaching

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B	I	N	G	O
toe raises	Heel raises	single leg standing	brain exercise	shoulder circles
deep breath	wrist waves	knee kicks	bicep curls	shoulder squeezes
hip extension	ankle circles	**FREE**	hip ABD	3-point taps
head turns	shoulder crosses	standing 1 minute	criss cross reaching	sit<>stand
hip flexion	reach to the sky	sitting marches	squats	finger taps

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B	I	N	G	O
bicep curls	shoulder crosses	Heel raises	reach to the sky	ankle circles
standing 1 minute	hip extension	hip flexion	squats	knee kicks
sitting marches	criss cross reaching	**FREE**	sit<>stand	head turns
toe raises	shoulder squeezes	single leg standing	wrist waves	deep breath
hip ABD	3-point taps	shoulder circles	brain exercise	finger taps

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