

B	I	N	G	O
Pike stretch 20 secs	10 frog jumps	15 crunches	30 sec skipping	20 sec superman holds
10 small arm circles forward/backward	Hollow hold 15secs	20 secs wall sit	10 push ups	Crab walk (20 steps)
Releve walk length of house	10 rolls to your back and stand up	FREE	15 secs 1 foot balance	20 point flexes of feet sitting in pike
Bridge	20 sec high knees	30 jumping jacks	15 sec hold on back feet off ground	20 sec tuck jumps
10 sec triangle push up hold (bottom high)	Bear walk (20 steps)	10 tuck jumps	Straddle stretch 20 secs	15 calf raises

B	I	N	G	O
Releve walk length of house	Straddle stretch 20 secs	10 push ups	20 sec high knees	10 small arm circles forward/backward
30 sec skipping	20 point flexes of feet sitting in pike	15 crunches	20 sec tuck jumps	10 rolls to your back and stand up
15 secs 1 foot balance	10 frog jumps	FREE	15 sec hold on back feet off ground	30 jumping jacks
15 calf raises	Pike stretch 20 secs	10 tuck jumps	Bridge	10 sec triangle push up hold (bottom high)
20 sec superman holds	15 sec plank hold	Crab walk (20 steps)	20 secs wall sit	Hollow hold 15secs

B	I	N	G	O
Bridge	15 sec hold on back feet off ground	Releve walk length of house	15 calf raises	30 sec skipping
Bear walk (20 steps)	Crab walk (20 steps)	Straddle stretch 20 secs	20 sec high knees	10 rolls to your back and stand up
30 jumping jacks	10 push ups	FREE	15 secs 1 foot balance	15 crunches
15 sec plank hold	20 sec superman holds	10 sec triangle push up hold (bottom high)	10 frog jumps	Pike stretch 20 secs
Hollow hold 15secs	20 secs wall sit	20 point flexes of feet sitting in pike	20 sec tuck jumps	10 tuck jumps