B	I	N	G	O
Seated Shoulder Stretch (Hold 8 seconds per side)	10 Seated Twists	12 Seated Leg Kicks	Give a participant a compliment for their exercising efforts	5 Seated Toe Reaches
12 Frontal Arm Raises	Seated Neck Stretches (Hold 5 seconds per side)	8 Palm Squeezes (Hold 4 seconds)	12 Bicep Curls	Seated Hip Stretch (Hold 8 seconds per side)
Straight Arm Raises (Hold 8 seconds per side)	12 Chair Stands	**FREE**	12 Seated Rows	12 Seated Step Outs
Say one thing that you are grateful for	12 Toe and Heel Raises	8 Shoulder Circles (Forward and Backward)	12 Seated Presses	8 Lateral Arm Raises
12 Forward Arm Swings (Alternating)	Marching in Place (12 times per side)	12 Lateral Trunk Side Bends	Wrist Stretches (8 second hold per side)	12 Seated Chest Flyes

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B	I	N	G	O
Straight Arm Raises (Hold 8 seconds per side)	Wrist Stretches (8 second hold per side)	12 Bicep Curls	12 Toe and Heel Raises	12 Frontal Arm Raises
Give a participant a compliment for their exercising efforts	12 Seated Step Outs	12 Seated Leg Kicks	8 Lateral Arm Raises	12 Chair Stands
12 Seated Rows	10 Seated Twists	**FREE**	12 Seated Presses	8 Shoulder Circles (Forward and Backward)
12 Seated Chest Flyes	Seated Shoulder Stretch (Hold 8 seconds per side)	12 Lateral Trunk Side Bends	Say one thing that you are grateful for	12 Forward Arm Swings (Alternating)
5 Seated Toe Reaches	12 Seated Reach out and in	Seated Hip Stretch (Hold 8 seconds per side)	8 Palm Squeezes (Hold 4 seconds)	Seated Neck Stretches (Hold 5 seconds per side)

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B	I	N	G	O
Say one thing that you are grateful for	12 Seated Presses	Straight Arm Raises (Hold 8 seconds per side)	12 Seated Chest Flyes	Give a participant a compliment for their exercising efforts
Marching in Place (12 times per side)	Seated Hip Stretch (Hold 8 seconds per side)	Wrist Stretches (8 second hold per side)	12 Toe and Heel Raises	12 Chair Stands
8 Shoulder Circles (Forward and Backward)	12 Bicep Curls	**FREE**	12 Seated Rows	12 Seated Leg Kicks
12 Seated Reach out and in	5 Seated Toe Reaches	12 Forward Arm Swings (Alternating)	10 Seated Twists	Seated Shoulder Stretch (Hold 8 seconds per side)
Seated Neck Stretches (Hold 5 seconds per side)	8 Palm Squeezes (Hold 4 seconds)	12 Seated Step Outs	8 Lateral Arm Raises	12 Lateral Trunk Side Bends

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