

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

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

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