

B	I	N	G	O
Hover right foot off the floor 15 seconds	8x arm raises (4x each)	8x left hand reaches right knee	8x step to the left	8x roll shoulders forward
8x big arm circles forward	Hover left foot off the floor 15 seconds	8x side reaches (4 per side)	8x arm raises (both)	8x squeeze fists
8x toe taps (4x per side)	Roll wrists 8x (4x one way 4 the other)	FREE	8x arm swoops forward	8x right hand reaches left knee
8x roll hips (4x one way 4x the other)	8x step to the right	8x roll shoulders backwards	8x look over shoulder (left & right)	8x shrug shoulders
8x leg kicks (4 per side)	8x big arm circles backwards	8x squat	walk on the spot (x 15 seconds)	8x cross arms in front

B	I	N	G	O
Roll wrists 8x (4x one way 4 the other)	8x arm raises (both)	8x step to the left	8x big arm circles forward	8x side reaches (4 per side)
8x left hand reaches right knee	walk on the spot (x 15 seconds)	8x roll shoulders forward	8x big arm circles backwards	8x squeeze fists
8x roll hips (4x one way 4x the other)	8x arm swoops forward	FREE	8x right hand reaches left knee	8x arm raises (4x each)
8x look over shoulder (left & right)	8x squat	Hover right foot off the floor 15 seconds	8x cross arms in front	8x step to the right
8x roll shoulders backwards	8x shrug shoulders	8x toe taps (4x per side)	Hover left foot off the floor 15 seconds	8x leg kicks (4 per side)

B	I	N	G	O
8x big arm circles backwards	8x squat	8x arm raises (both)	8x shrug shoulders	8x arm swoops forward
Hover right foot off the floor 15 seconds	8x roll hips (4x one way 4x the other)	8x roll shoulders backwards	Hover left foot off the floor 15 seconds	8x roll shoulders forward
8x toe taps (4x per side)	8x cross arms in front	FREE	8x step to the right	8x look over shoulder (left & right)
Roll wrists 8x (4x one way 4 the other)	8x squeeze fists	8x step to the left	walk on the spot (x 15 seconds)	8x left hand reaches right knee
8x right hand reaches left knee	8x arm raises (4x each)	8x side reaches (4 per side)	8x big arm circles forward	8x leg kicks (4 per side)