B	I	N	G	O
skip in a circle	10 calf raises	3 burpees	hold balance of one foot	Dance to a song you love
20 arm circles	play catch	Try to do a split	10 second plank	butterfly stretch
jog in place for 20 seconds	upward dog yoga pose	**FREE**	13 sit-ups	Arm punches
Arm stretch of your choice	hop of one foot	Calf-raises	9 push-ups	Toe touch stretch
5 frog hopper jumps / squat jumps	15 high knees	Your favorite yoga pose	wall sit for 10 seconds	20 jumping jacks

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B	I	N	G	O
upward dog yoga pose	10 second plank	hold balance of one foot	20 arm circles	Try to do a split
3 burpees	wall sit for 10 seconds	Dance to a song you love	15 high knees	butterfly stretch
Arm stretch of your choice	13 sit-ups	**FREE**	Arm punches	10 calf raises
9 push-ups	Your favorite yoga pose	skip in a circle	20 jumping jacks	hop of one foot
Calf-raises	Toe touch stretch	jog in place for 20 seconds	play catch	5 frog hopper jumps / squat jumps

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B	I	N	G	O
15 high knees	Your favorite yoga pose	10 second plank	Toe touch stretch	13 sit-ups
skip in a circle	Arm stretch of your choice	Calf-raises	play catch	Dance to a song you love
jog in place for 20 seconds	20 jumping jacks	**FREE**	hop of one foot	9 push-ups
upward dog yoga pose	butterfly stretch	hold balance of one foot	wall sit for 10 seconds	3 burpees
Arm punches	10 calf raises	Try to do a split	20 arm circles	5 frog hopper jumps / squat jumps

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