

B	I	N	G	O
30 sec jog in place	10 alt forward lunges	10 jumping jacks	15 jumping jacks	10 side to side hops
10 hip abductions each	20 small arm circles	10 single leg heel raises	10 alt lunges backwards	10 toe touches
20 large arm circles	5 push-ups	FREE	10 burpees	10 shoulder rolls
10 side lunges right	20 heel raises	10 side lunges to the left	10 push-ups	10 sidebends
10 neck rolls	10 elbow to knees	10 squats	5 squats	10 hops straight up

B	I	N	G	O
5 push-ups	10 alt lunges backwards	15 jumping jacks	10 hip abductions each	10 single leg heel raises
10 jumping jacks	5 squats	10 side to side hops	10 elbow to knees	10 toe touches
10 side lunges right	10 burpees	FREE	10 shoulder rolls	10 alt forward lunges
10 push-ups	10 squats	30 sec jog in place	10 hops straight up	20 heel raises
10 side lunges to the left	10 sidebends	20 large arm cirlces	20 small arm circles	10 neck rolls

B	I	N	G	O
10 elbow to knees	10 squats	10 alt lunges backwards	10 sidebends	10 burpees
30 sec jog in place	10 side lunges right	10 side lunges to the left	20 small arm circles	10 side to side hops
20 large arm cirlces	10 hops straight up	FREE	20 heel raises	10 push-ups
5 push-ups	10 toe touches	15 jumping jacks	5 squats	10 jumping jacks
10 shoulder rolls	10 alt forward lunges	10 single leg heel raises	10 hip abductions each	10 neck rolls