

B	I	N	G	O
Seated Twists	10 Arm Raises to the side	10 Second Bear Hug	Marching in Place 1 minute	5 Jumps
10 Seated Leg Kicks	Seated Shoulder Stretch (Hold 8 seconds per side)	5 Stand Up and Sit Downs	10 Clenched and Open Hands	5 Second Belly Laugh
Seated Neck Stretches (Hold 5 seconds per side)	Straight Arm Raises (Hold 8 seconds per side)	FREE	10 Forward Arm Swings (Alternating)	10 Toe and Heel Raises
5 Face Stretches	Say one thing that you are grateful for	5 Jumping Jacks	10 Shoulder Circles (Forward and Backward)	5 Seated Twists
10 Second Leg Lifts	10 Frontal Arm Raises	5 Touch Your Toes	Wrist Stretches (8 second hold per side)	10 Second Arm Pumps

B	I	N	G	O
Straight Arm Raises (Hold 8 seconds per side)	10 Clenched and Open Hands	Marching in Place 1 minute	10 Seated Leg Kicks	5 Stand Up and Sit Downs
10 Second Bear Hug	Wrist Stretches (8 second hold per side)	5 Jumps	10 Frontal Arm Raises	5 Second Belly Laugh
5 Face Stretches	10 Forward Arm Swings (Alternating)	FREE	10 Toe and Heel Raises	10 Arm Raises to the side
10 Shoulder Circles (Forward and Backward)	5 Touch Your Toes	Seated Twists	10 Second Arm Pumps	Say one thing that you are grateful for
5 Jumping Jacks	5 Seated Twists	Seated Neck Stretches (Hold 5 seconds per side)	Seated Shoulder Stretch (Hold 8 seconds per side)	10 Second Leg Lifts

B	I	N	G	O
10 Frontal Arm Raises	5 Touch Your Toes	10 Clenched and Open Hands	5 Seated Twists	10 Forward Arm Swings (Alternating)
Seated Twists	5 Face Stretches	5 Jumping Jacks	Seated Shoulder Stretch (Hold 8 seconds per side)	5 Jumps
Seated Neck Stretches (Hold 5 seconds per side)	10 Second Arm Pumps	FREE	Say one thing that you are grateful for	10 Shoulder Circles (Forward and Backward)
Straight Arm Raises (Hold 8 seconds per side)	5 Second Belly Laugh	Marching in Place 1 minute	Wrist Stretches (8 second hold per side)	10 Second Bear Hug
10 Toe and Heel Raises	10 Arm Raises to the side	5 Stand Up and Sit Downs	10 Seated Leg Kicks	10 Second Leg Lifts