

B	I	N	G	O
Side bend to the right- 3 X	1 minute march in place	15 small arm circles	Reach to your toes- hold 15 sec	Balance on right leg- 10 seconds
10 Squats	Side bend to the left- 3 X	Belly Breathe -6 breaths	10 Butt kicks - right leg	Reach to the ceiling- 3 X
Run in place-45 seconds	Step forward and back - 20 x	FREE	10 Butt kicks- left leg	8 Lunges to the left
8 Lunges to the right	Roll shoulders back- 20 seconds	Balance on left leg- 10 seconds	30 tiny knee bends	Balance on right leg- 10 seconds
20 High knees	10 Hula-hoop hip circles	Pursed Lip Exhale Breathing- 8x	Twist side to side 20 seconds	12 Calf raises

B	I	N	G	O
Step forward and back - 20 x	10 Butt kicks - right leg	Reach to your toes- hold 15 sec	10 Squats	Belly Breathe -6 breaths
15 small arm circles	Twist side to side 20 seconds	Balance on right leg- 10 seconds	10 Hula-hoop hip circles	Reach to the ceiling- 3 X
8 Lunges to the right	10 Butt kicks- left leg	FREE	8 Lunges to the left	1 minute march in place
30 tiny knee bends	Pursed Lip Exhale Breathing- 8x	Side bend to the right- 3 X	12 Calf raises	Roll shoulders back- 20 seconds
Balance on left leg- 10 seconds	Balance on right leg- 10 seconds	Run in place-45 seconds	Side bend to the left- 3 X	20 High knees

B	I	N	G	O
10 Hula-hoop hip circles	Pursed Lip Exhale Breathing- 8x	10 Butt kicks - right leg	Balance on right leg- 10 seconds	10 Butt kicks- left leg
Side bend to the right- 3 X	8 Lunges to the right	Balance on left leg- 10 seconds	Side bend to the left- 3 X	Balance on right leg- 10 seconds
Run in place-45 seconds	12 Calf raises	FREE	Roll shoulders back- 20 seconds	30 tiny knee bends
Step forward and back - 20 x	Reach to the ceiling- 3 X	Reach to your toes- hold 15 sec	Twist side to side 20 seconds	15 small arm circles
8 Lunges to the left	1 minute march in place	Belly Breathe -6 breaths	10 Squats	20 High knees