

B	I	N	G	O
Star jumps	Arm circlers	High knees	Skiing	Mountain climber
Fast feet	Squats	Rest	Bicep curl	Shadow box
Squat hold	Stork stand	FREE	Butt kickers	Jump rope
Left leg hop	Spotty dogs	Lunges	Jog on spot	Rest
Hop scotch	Calf raises	Right leg hop	Superman	Heel touches

B	I	N	G	O
Stork stand	Bicep curl	Skiing	Fast feet	Rest
High knees	Superman	Mountain climber	Calf raises	Shadow box
Left leg hop	Butt kickers	FREE	Jump rope	Arm circlers
Jog on spot	Right leg hop	Star jumps	Heel touches	Spotty dogs
Lunges	Rest	Squat hold	Squats	Hop scotch

B	I	N	G	O
Calf raises	Right leg hop	Bicep curl	Rest	Butt kickers
Star jumps	Left leg hop	Lunges	Squats	Mountain climber
Squat hold	Heel touches	FREE	Spotty dogs	Jog on spot
Stork stand	Shadow box	Skiing	Superman	High knees
Jump rope	Arm circlers	Rest	Fast feet	Hop scotch