B	I	N	G	O
jump up & down 10 times	10 ankle circles - left foot	10 chair poses	clap your hands 10 times	10 squats
10 bend and shoot	jump up & down 10 times	10 tummy twists	10 ankle circles - left foot	jog in place for 30 seconds
single leg balance - left leg count of 10	10 ankle circles - right foot	**FREE**	10 punches	10 raise the roof
jog in place for 30 seconds	10 shoulder bounces	10 tummy twists	10 jumping jacks	10 star poses
10 arm circles	clap your hands 10 times	10 bicep curls	single leg balance - right leg count of 10	10 bicep curls

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B	I	N	G	O
single leg balance - left leg count of 10	single leg balance - right leg count of 10	10 ankle circles - left foot	10 shoulder bounces	10 bend and shoot
clap your hands 10 times	10 raise the roof	10 chair poses	10 star poses	10 ankle circles - right foot
10 punches	10 ankle circles - left foot	**FREE**	10 jumping jacks	10 tummy twists
10 bicep curls	jump up & down 10 times	10 bicep curls	jog in place for 30 seconds	10 arm circles
10 squats	10 lunges	jog in place for 30 seconds	10 tummy twists	jump up & down 10 times

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B	I	N	G	O
jog in place for 30 seconds	10 jumping jacks	single leg balance - left leg count of 10	10 bicep curls	clap your hands 10 times
clap your hands 10 times	jog in place for 30 seconds	single leg balance - right leg count of 10	10 shoulder bounces	10 ankle circles - right foot
10 tummy twists	10 ankle circles - left foot	**FREE**	10 punches	10 chair poses
10 lunges	10 squats	10 arm circles	10 ankle circles - left foot	jump up & down 10 times
jump up & down 10 times	10 tummy twists	10 raise the roof	10 star poses	10 bicep curls

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