B	I	N	G	O
Hover right foot off the floor 15 seconds	8x arm raises (4x each)	8x hop on right foot	8x squat	8x roll hips (4x one way 4x the other)
8x cross arms in front	Hover left foot off the floor 15 seconds	8x roll shoulders forward	8x arm raises (both)	8x side reaches (4 per side)
8x toe taps (4x per side)	Roll wrists 8x (4x one way 4 the other)	**FREE**	8x big arm circles backwards	8x look over shoulder (left & right)
8x lunges	8x squeeze fists	8x right hand reaches left knee	8x leg kicks (4 per side)	8x roll shoulders backwards
8x left hand reaches right knee	8x big arm circles forward	8x shrug shoulders	walk on the spot (x 15 seconds)	8x hop on left foot

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B	I	N	G	O
Roll wrists 8x (4x one way 4 the other)	8x arm raises (both)	8x squat	8x cross arms in front	8x roll shoulders forward
8x hop on right foot	walk on the spot (x 15 seconds)	8x roll hips (4x one way 4x the other)	8x big arm circles forward	8x side reaches (4 per side)
8x lunges	8x big arm circles backwards	**FREE**	8x look over shoulder (left & right)	8x arm raises (4x each)
8x leg kicks (4 per side)	8x shrug shoulders	Hover right foot off the floor 15 seconds	8x hop on left foot	8x squeeze fists
8x right hand reaches left knee	8x roll shoulders backwards	8x toe taps (4x per side)	Hover left foot off the floor 15 seconds	8x left hand reaches right knee

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B	I	N	G	O
8x big arm circles forward	8x shrug shoulders	8x arm raises (both)	8x roll shoulders backwards	8x big arm circles backwards
Hover right foot off the floor 15 seconds	8x lunges	8x right hand reaches left knee	Hover left foot off the floor 15 seconds	8x roll hips (4x one way 4x the other)
8x toe taps (4x per side)	8x hop on left foot	**FREE**	8x squeeze fists	8x leg kicks (4 per side)
Roll wrists 8x (4x one way 4 the other)	8x side reaches (4 per side)	8x squat	walk on the spot (x 15 seconds)	8x hop on right foot
8x look over shoulder (left & right)	8x arm raises (4x each)	8x roll shoulders forward	8x cross arms in front	8x left hand reaches right knee

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