B	I	N	G	O
Superman	Arm Circles	Crabwalk	Plank	Jumping Jacks
Boat	Side-to-Side Jump	Marching	Balance Beam	Penguin Walks
Side Bends	Toe Touches	**FREE**	Bear Walk	Frog Jump
Giraffe	Scissor Jump	Jump on 1 leg	Flamingo	Leg Kicks
Crunch	Birddogs	Mini Squats	Tuck Jump	Chair: Sit-to-stand

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B	I	N	G	O
Toe Touches	Balance Beam	Plank	Boat	Marching
Crabwalk	Tuck Jump	Jumping Jacks	Birddogs	Penguin Walks
Giraffe	Bear Walk	**FREE**	Frog Jump	Arm Circles
Flamingo	Mini Squats	Superman	Chair: Sit-to-stand	Scissor Jump
Jump on 1 leg	Leg Kicks	Side Bends	Side-to-Side Jump	Crunch

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B	I	N	G	O
Birddogs	Mini Squats	Balance Beam	Leg Kicks	Bear Walk
Superman	Giraffe	Jump on 1 leg	Side-to-Side Jump	Jumping Jacks
Side Bends	Chair: Sit-to-stand	**FREE**	Scissor Jump	Flamingo
Toe Touches	Penguin Walks	Plank	Tuck Jump	Crabwalk
Frog Jump	Arm Circles	Marching	Boat	Crunch

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