

B	I	N	G	O
balance on right leg for 10 seconds	10 lunges	15 jumping jacks	Twist side to side for 20 seconds	20 high knees
10 squats	balance on left leg for 15 seconds	30 high knees	10 neck circles	Roll Shoulders back 20 seconds
Your choice	deep breath 8 times	FREE	10 second breathing exercise	20 but kicks
20 calf raises	Wrist Circles	20 chicken wings	15 triceps dips	20ankle circles
15 second wall sit	10 sit ups	5 pushups	touch your toes for 10 seconds	15 Arm Circles

B	I	N	G	O
deep breath 8 times	10 neck circles	Twist side to side for 20 seconds	10 squats	30 high knees
15 jumping jacks	touch your toes for 10 seconds	20 high knees	10 sit ups	Roll Shoulders back 20 seconds
20 calf raises	10 second breathing exercise	FREE	20 but kicks	10 lunges
15 triceps dips	5 pushups	balance on right leg for 10 seconds	15 Arm Circles	Wrist Circles
20 chicken wings	20ankle circles	Your choice	balance on left leg for 15 seconds	15 second wall sit

B	I	N	G	O
10 sit ups	5 pushups	10 neck circles	20ankle circles	10 second breathing exercise
balance on right leg for 10 seconds	20 calf raises	20 chicken wings	balance on left leg for 15 seconds	20 high knees
Your choice	15 Arm Circles	FREE	Wrist Circles	15 triceps dips
deep breath 8 times	Roll Shoulders back 20 seconds	Twist side to side for 20 seconds	touch your toes for 10 seconds	15 jumping jacks
20 but kicks	10 lunges	30 high knees	10 squats	15 second wall sit