

B	I	N	G	O
Step forward and back - 20 x	1 minute march in place	25 front kicks	Reach to your toes- hold 15 sec	Belly Breathe -6 breaths
15 small arm circles	Side bend to the right- 3 X	Pursed Lip Exhale Breathing- 8x	10 Squats	Side bend to the left- 3 X
Twist side to side 20 seconds	10 frog jumps	FREE	8 Lunges to the right	Balance on left leg- 10 seconds
Run in place-45 seconds	Balance on right leg- 10 seconds	Reach to the ceiling- 3 X	30 tiny knee bends	Hula-hoop hip circles
12 Calf raises	Roll shoulders back- 20 seconds	20 High knees	smile - 10 seconds	20 jumping jacks

B	I	N	G	O
Twist side to side 20 seconds	smile - 10 seconds	10 Squats	Balance on right leg- 10 seconds	15 small arm circles
Reach to your toes- hold 15 sec	Balance on left leg- 10 seconds	25 front kicks	Hula-hoop hip circles	10 frog jumps
8 Lunges to the right	1 minute march in place	FREE	30 tiny knee bends	Reach to the ceiling- 3 X
20 jumping jacks	Step forward and back - 20 x	20 High knees	Run in place-45 seconds	12 Calf raises
Belly Breathe -6 breaths	8 Lunges to the left	Side bend to the left- 3 X	Pursed Lip Exhale Breathing- 8x	Side bend to the right- 3 X

B	I	N	G	O
Run in place-45 seconds	30 tiny knee bends	Twist side to side 20 seconds	20 jumping jacks	Reach to your toes- hold 15 sec
Roll shoulders back- 20 seconds	Side bend to the left- 3 X	smile - 10 seconds	Balance on right leg- 10 seconds	10 frog jumps
Reach to the ceiling- 3 X	10 Squats	FREE	8 Lunges to the right	25 front kicks
8 Lunges to the left	Belly Breathe -6 breaths	12 Calf raises	1 minute march in place	Step forward and back - 20 x
Side bend to the right- 3 X	Pursed Lip Exhale Breathing- 8x	Balance on left leg- 10 seconds	Hula-hoop hip circles	20 High knees