

B	I	N	G	O
Hover right foot off the floor 15 seconds	10x jumping jacks	8x hop on left foot	8x squat	8x roll hips (4x one way 4x the other)
8x big arm circles forward	Hover left foot off the floor 15 seconds	8x shrug shoulders	8 x reach for the sky then be a ball	8x spin in a circle
Dance in place (x 15 seconds)	8x arm raises (4x each)	FREE	8x roll shoulders forward	8x look over shoulder (left & right)
8x lunges	8x squeeze fists	8x right hand reaches left knee	8x side reaches (4 per side)	8x toe taps (4x per side)
8x left hand reaches right knee	8x hop on right foot	8x roll shoulders backwards	8x arm raises (both)	8x big arm circles backwards

B	I	N	G	O
8x roll shoulders forward	8x roll hips (4x one way 4x the other)	8x arm raises (4x each)	Dance in place (x 15 seconds)	8x arm raises (both)
8x squat	8x look over shoulder (left & right)	8x lunges	Hover left foot off the floor 15 seconds	8 x reach for the sky then be a ball
Roll wrists 8x (4x one way 4 the other)	8x roll shoulders backwards	FREE	8x big arm circles forward	8x hop on left foot
8x side reaches (4 per side)	8x spin in a circle	8x shrug shoulders	8x squeeze fists	8x big arm circles backwards
10x jumping jacks	Hover right foot off the floor 15 seconds	walk on the spot (x 15 seconds)	8x frog jumps	8x hop on right foot

B	I	N	G	O
8x roll shoulders forward	8x big arm circles forward	8x side reaches (4 per side)	8x frog jumps	8 x reach for the sky then be a ball
10x jumping jacks	walk on the spot (x 15 seconds)	Roll wrists 8x (4x one way 4 the other)	8x big arm circles backwards	Hover left foot off the floor 15 seconds
8x cross arms in front	8x squeeze fists	FREE	8x right hand reaches left knee	8x spin in a circle
8x roll shoulders backwards	8x lunges	8x look over shoulder (left & right)	8x arm raises (4x each)	8x toe taps (4x per side)
8x arm raises (both)	Dance in place (x 15 seconds)	8x roll hips (4x one way 4x the other)	8x hop on left foot	8x shrug shoulders