

B	I	N	G	O
30 minute walk	1 bike ride	1 minute skiers	15 squats x3	15 calf raises x4
1 minute high knees	30 minute walk	15 planks x3	1 bike ride	15 squats x3
30 min walk	30 minute walk	FREE	1 bike ride	1 youtube exercise video
15 bicep curls x3	20 minute workout	15 calf raises x3	1 swim	15 crunches x3
1 swim	1 min jumping jacks	15 small arm rotations x 3	30 minute walk	1 minute jumping jacks

B	I	N	G	O
30 minute walk	1 bike ride	15 squats x3	1 minute high knees	15 planks x3
1 minute skiers	30 minute walk	15 calf raises x4	1 min jumping jacks	15 squats x3
15 bicep curls x3	1 bike ride	FREE	1 youtube exercise video	1 bike ride
1 swim	15 small arm rotations x 3	30 minute walk	1 minute jumping jacks	20 minute workout
15 calf raises x3	15 crunches x3	30 min walk	30 minute walk	1 swim

B	I	N	G	O
1 min jumping jacks	15 small arm rotations x 3	1 bike ride	15 crunches x3	1 bike ride
30 minute walk	15 bicep curls x3	15 calf raises x3	30 minute walk	15 calf raises x4
30 min walk	1 minute jumping jacks	FREE	20 minute workout	1 swim
30 minute walk	15 squats x3	15 squats x3	30 minute walk	1 minute skiers
1 youtube exercise video	1 bike ride	15 planks x3	1 minute high knees	1 swim