B	I	N	G	O
Squats 1 minute x 3	Jumping jacks 1 minute x3	40 minute walk	Lunges Squats High Knees 1 minute each	Bicep curls 1 minute x 3
30 minute you tube	Small arm circles 1 minute x 3	Crunches 1 minute x 3	1 minute high knees x 3	Lunges 1 minute x 3
Skiers 1 minute x3	Stationary bike ride or bicycle	**FREE**	20 minute You tube Video	40 minute walk
45 minute walk	Planks 1 minute x 3	Bicep curls 1 minute x 3	40 minute walk	Calf raises 1 minute x 3
40 minute walk	20 minute you tube video	Jumping jacks 1 minute x 3	Swimmming	30 minute you tube video

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B	I	N	G	O
Stationary bike ride or bicycle	1 minute high knees x 3	Lunges Squats High Knees 1 minute each	30 minute you tube	Crunches 1 minute x 3
40 minute walk	Swimmming	Bicep curls 1 minute x 3	20 minute you tube video	Lunges 1 minute x 3
45 minute walk	20 minute You tube Video	**FREE**	40 minute walk	Jumping jacks 1 minute x3
40 minute walk	Jumping jacks 1 minute x 3	Squats 1 minute x 3	30 minute you tube video	Planks 1 minute x 3
Bicep curls 1 minute x 3	Calf raises 1 minute x 3	Skiers 1 minute x3	Small arm circles 1 minute x 3	40 minute walk

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B	I	N	G	O
20 minute you tube video	Jumping jacks 1 minute x 3	1 minute high knees x 3	Calf raises 1 minute x 3	20 minute You tube Video
Squats 1 minute x 3	45 minute walk	Bicep curls 1 minute x 3	Small arm circles 1 minute x 3	Bicep curls 1 minute x 3
Skiers 1 minute x3	30 minute you tube video	**FREE**	Planks 1 minute x 3	40 minute walk
Stationary bike ride or bicycle	Lunges 1 minute x 3	Lunges Squats High Knees 1 minute each	Swimmming	40 minute walk
40 minute walk	Jumping jacks 1 minute x3	Crunches 1 minute x 3	30 minute you tube	40 minute walk

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