

B	I	N	G	O
Stand on R leg and reach forward with L arm 10 times	Hop on L foot for 10 hops	On your knees Have someone give medium pushes to your shoulders in all directions for 10 seconds	Stand on L leg for 10 seconds	Set up 5 cones and tap each cone with L foot without touching the ground
L foot in front of R foot for 10 seconds	Stand on R leg Reach down and touch the floor 5 times	Stand on L leg Put arms into T position and tap nose	Hop on R foot for 10 hops	Stand on L leg and reach forward with R arm 10 times
Stand on R leg Put arms into T position and tap nose	Stand on R leg for 10 seconds	FREE	In crab walk form alternate lifting R leg and L arm & L leg and R arm for 10 reps	Pick up a sock with your L leg and toss into a laundry bin
Pick up a sock with your R leg and toss into a laundry bin	Stand on L leg with eyes closed for 10 seconds	R foot in front of L foot for 10 seconds	Perform "Tree" yoga pose on R leg	Set up 5 cones and tap each cone with R foot without touching the ground
Perform "Tree" yoga pose on L leg	In push up form Reach back to the ceiling with 1 arm and alternate sides for 10 reps	Stand on L leg Reach down and touch the floor 5 times	Stand on R leg with eyes closed for 10 seconds	On hands and knees Alternate L leg and R arm & R leg and L arm

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Stand on R leg for 10 seconds	Hop on R foot for 10 hops	Stand on L leg for 10 seconds	L foot in front of R foot for 10 seconds	Stand on L leg Put arms into T position and tap nose
On your knees Have someone give medium pushes to your shoulders in all directions for 10 seconds	Stand on R leg with eyes closed for 10 seconds	Set up 5 cones and tap each cone with L foot without touching the ground	In push up form Reach back to the ceiling with 1 arm and alternate sides for 10 reps	Stand on L leg and reach forward with R arm 10 times
Pick up a sock with your R leg and toss into a laundry bin	In crab walk form alternate lifting R leg and L arm & L leg and R arm for 10 reps	FREE	Pick up a sock with your L leg and toss into a laundry bin	Hop on L foot for 10 hops
Perform "Tree" yoga pose on R leg	Stand on L leg Reach down and touch the floor 5 times	Stand on R leg and reach forward with L arm 10 times	On hands and knees Alternate L leg and R arm & R leg and L arm	Stand on L leg with eyes closed for 10 seconds
R foot in front of L foot for 10 seconds	Set up 5 cones and tap each cone with R foot without touching the ground	Stand on R leg Put arms into T position and tap nose	Stand on R leg Reach down and touch the floor 5 times	Perform "Tree" yoga pose on L leg

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In push up form Reach back to the ceiling with 1 arm and alternate sides for 10 reps	Stand on L leg Reach down and touch the floor 5 times	Hop on R foot for 10 hops	Set up 5 cones and tap each cone with R foot without touching the ground	In crab walk form alternate lifting R leg and L arm & L leg and R arm for 10 reps
Stand on R leg and reach forward with L arm 10 times	Pick up a sock with your R leg and toss into a laundry bin	R foot in front of L foot for 10 seconds	Stand on R leg Reach down and touch the floor 5 times	Set up 5 cones and tap each cone with L foot without touching the ground
Stand on R leg Put arms into T position and tap nose	On hands and knees Alternate L leg and R arm & R leg and L arm	FREE	Stand on L leg with eyes closed for 10 seconds	Perform "Tree" yoga pose on R leg
Stand on R leg for 10 seconds	Stand on L leg and reach forward with R arm 10 times	Stand on L leg for 10 seconds	Stand on R leg with eyes closed for 10 seconds	On your knees Have someone give medium pushes to your shoulders in all directions for 10 seconds
Pick up a sock with your L leg and toss into a laundry bin	Hop on L foot for 10 hops	Stand on L leg Put arms into T position and tap nose	L foot in front of R foot for 10 seconds	Perform "Tree" yoga pose on L leg