

B	I	N	G	O
stand on right foot for 60 seconds	15	Take the stairs 10 times	shrug shoulders 50 times	reach arms straight overhead for 60 sec
50 small arm circles	stand on one foot with eyes closed for 30 sec	rotate shoulders backwards 50 times	20 sit-ups	run in place for 60 seconds
stand on left foot for 30 seconds	touch left elbow to right knee 30 times	FREE	50 heel raises	jump 50 times
50 large arm circles	march in place	sit against a wall for 60 seconds	max out push-up	skip across the room 10 times
dance	reach for toes for 1 min	choose your own exercise	50 jumping jacks	rotate shoulders forwards 50 times

B	I	N	G	O
touch left elbow to right knee 30 times	sit against a wall for 60 seconds	run in place for 60 seconds	rotate shoulders forwards 50 times	skip across the room 10 times
50 heel raises	50 large arm circles	reach arms straight overhead for 60 sec	50 small arm circles	reach for toes for 1 min
20 sit-ups	hold a plank position for 60 seconds	FREE	15	max out push-up
stand on right foot for 60 seconds	50 jumping jacks	touch right elbow to left knee 30 times	shrug shoulders 50 times	rotate shoulders backwards 50 times
Take the stairs 10 times	jump 50 times	march in place	dance	stand on one foot with eyes closed for 30 sec

B	I	N	G	O
50 small arm circles	skip across the room 10 times	march in place	shrug shoulders 50 times	15
touch left elbow to right knee 30 times	run in place for 60 seconds	Take the stairs 10 times	50 large arm circles	reach for toes for 1 min
jump 50 times	hold a plank position for 60 seconds	FREE	50 heel raises	20 sit-ups
50 jumping jacks	stand on left foot for 30 seconds	reach arms straight overhead for 60 sec	choose your own exercise	rotate shoulders forwards 50 times
stand on one foot with eyes closed for 30 sec	stand on right foot for 60 seconds	max out push-up	dance	50 toe raises