B	I	N	G	O
stand on right foot for 60 seconds	15 donkey kick or leg raises each leg	Take the stairs 10 times	rotate shoulders forwards 50 times	max out push-up
50 large arm circles	stand on left foot for 60 seconds	reach for toes for 60 seconds	20 sit-ups	sit against a wall for 60 seconds
touch left elbow to right knee 30 times	50 heel raises	**FREE**	dance for 3 songs	hold a plank position for 60 seconds
shrug shoulders 50 times	march in place for 5 minutes	rotate shoulders backwards 50 times	Try a new online workout	reach arms straight overhead for 60 sec
50 jumping jacks or jump rope	run in place for 60 seconds	50 small arm circles	touch right elbow to left knee 30 times	50 toe raises

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B	I	N	G	O
touch left elbow to right knee 30 times	touch right elbow to left knee 30 times	20 sit-ups	march in place for 5 minutes	50 large arm circles
rotate shoulders forwards 50 times	hold a plank position for 60 seconds	Take the stairs 10 times	reach arms straight overhead for 60 sec	50 heel raises
dance for 3 songs	15 donkey kick or leg raises each leg	**FREE**	Try a new online workout	rotate shoulders backwards 50 times
50 toe raises	stand on right foot for 60 seconds	50 small arm circles	shrug shoulders 50 times	50 jumping jacks or jump rope
max out push-up	choose your own exercise	sit against a wall for 60 seconds	reach for toes for 60 seconds	stand on left foot for 60 seconds

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B	I	N	G	O
shrug shoulders 50 times	Try a new online workout	touch left elbow to right knee 30 times	50 toe raises	rotate shoulders forwards 50 times
run in place for 60 seconds	sit against a wall for 60 seconds	touch right elbow to left knee 30 times	march in place for 5 minutes	50 heel raises
rotate shoulders backwards 50 times	20 sit-ups	**FREE**	dance for 3 songs	Take the stairs 10 times
choose your own exercise	max out push-up	50 jumping jacks or jump rope	15 donkey kick or leg raises each leg	stand on right foot for 60 seconds
stand on left foot for 60 seconds	reach for toes for 60 seconds	hold a plank position for 60 seconds	reach arms straight overhead for 60 sec	50 small arm circles

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