

B	I	N	G	O
stand on right foot for 60 seconds	25 sit-ups	choose your own exercise	shrug shoulders 50 times	reach arms straight overhead for 60 sec
50 small arm circles	stand on one foot with eyes closed for 40 sec	rotate shoulders backwards 50 times	50 heel raises	run in place for 70 seconds
stand on left foot for 30 seconds	touch left elbow to right knee 40 times	FREE	50 jumping jacks or jump rope	hold a plank position for as long as you can
march in place	sit against a wall for 60 seconds	max out push-up	dance	reach for toes for 1 min
cross legs and reach for toes for 60 sec	50 large arm circles	rotate shoulders forwards 50 times	touch right elbow to left knee 30 times	50 toe raises

B	I	N	G	O
touch left elbow to right knee 40 times	50 heel raises	shrug shoulders 50 times	50 small arm circles	rotate shoulders backwards 50 times
choose your own exercise	touch right elbow to left knee 30 times	reach arms straight overhead for 60 sec	50 large arm circles	run in place for 70 seconds
march in place	50 jumping jacks or jump rope	FREE	hold a plank position for as long as you can	25 sit-ups
dance	rotate shoulders forwards 50 times	stand on right foot for 60 seconds	50 toe raises	sit against a wall for 60 seconds
max out push-up	reach for toes for 1 min	stand on left foot for 30 seconds	stand on one foot with eyes closed for 40 sec	cross legs and reach for toes for 60 sec

B	I	N	G	O
50 large arm circles	rotate shoulders forwards 50 times	50 heel raises	reach for toes for 1 min	50 jumping jacks or jump rope
stand on right foot for 60 seconds	march in place	max out push-up	stand on one foot with eyes closed for 40 sec	reach arms straight overhead for 60 sec
stand on left foot for 30 seconds	50 toe raises	FREE	sit against a wall for 60 seconds	dance
touch left elbow to right knee 40 times	run in place for 70 seconds	shrug shoulders 50 times	touch right elbow to left knee 30 times	choose your own exercise
hold a plank position for as long as you can	25 sit-ups	rotate shoulders backwards 50 times	50 small arm circles	cross legs and reach for toes for 60 sec