

B	I	N	G	O
Side bend to the right- 3 X	10 Butt kicks - both sides	4 Lunges to the left	Reach to your toes- hold 15 sec	Balance on left leg- 10 seconds
20 second March in Place	Side bend to the left- 3 X	Belly Breathe -6 breaths	10 Calf raises	Reach to the ceiling- 3 X
Run in place-30 seconds	Step forward and back - 10 x	FREE	10 tiny knee bends	6 Squats
7 High knees	Roll shoulders back- 15 seconds	8 Hula-hoop hip circles	5 Jumping Jacks	Balance on right leg- 10 seconds
4 Lunges to the right	15 small arm circles	Pursed Lip Exhale Breathing- 5 X	Twist side to side 20 seconds	4 Burpees

B	I	N	G	O
Step forward and back - 10 x	10 Calf raises	Reach to your toes- hold 15 sec	20 second March in Place	Belly Breathe -6 breaths
4 Lunges to the left	Twist side to side 20 seconds	Balance on left leg- 10 seconds	15 small arm circles	Reach to the ceiling- 3 X
7 High knees	10 tiny knee bends	FREE	6 Squats	10 Butt kicks - both sides
5 Jumping Jacks	Pursed Lip Exhale Breathing- 5 X	Side bend to the right- 3 X	4 Burpees	Roll shoulders back- 15 seconds
8 Hula-hoop hip circles	Balance on right leg- 10 seconds	Run in place-30 seconds	Side bend to the left- 3 X	4 Lunges to the right

B	I	N	G	O
15 small arm circles	Pursed Lip Exhale Breathing- 5 X	10 Calf raises	Balance on right leg- 10 seconds	10 tiny knee bends
Side bend to the right- 3 X	7 High knees	8 Hula-hoop hip circles	Side bend to the left- 3 X	Balance on left leg- 10 seconds
Run in place-30 seconds	4 Burpees	FREE	Roll shoulders back- 15 seconds	5 Jumping Jacks
Step forward and back - 10 x	Reach to the ceiling- 3 X	Reach to your toes- hold 15 sec	Twist side to side 20 seconds	4 Lunges to the left
6 Squats	10 Butt kicks - both sides	Belly Breathe -6 breaths	20 second March in Place	4 Lunges to the right