

B	I	N	G	O
Standing Cross Crawls	1 leg reach jump	Cone Taps	Plank	Heel Taps
Birddogs	Sit-ups	Jumping Jacks	1 leg side-to-side jump	Mountain Climbers
Side Bends	Superman	FREE	Arm Circles	Flamingo
Frankenstein Walk	Scissor Jumps	Frog Jump	Deadbugs	Heel-to-Toe Standing
Crabwalk	Bear walk	Marching	Toe Touch (30 seconds)	Boat

B	I	N	G	O
Superman	1 leg side-to-side jump	Plank	Birddogs	Jumping Jacks
Cone Taps	Toe Touch (30 seconds)	Heel Taps	Bear walk	Mountain Climbers
Frankenstein Walk	Arm Circles	FREE	Flamingo	1 leg reach jump
Deadbugs	Marching	Standing Cross Crawls	Boat	Scissor Jumps
Frog Jump	Heel-to-Toe Standing	Side Bends	Sit-ups	Crabwalk

B	I	N	G	O
Bear walk	Marching	1 leg side-to-side jump	Heel-to-Toe Standing	Arm Circles
Standing Cross Crawls	Frankenstein Walk	Frog Jump	Sit-ups	Heel Taps
Side Bends	Boat	FREE	Scissor Jumps	Deadbugs
Superman	Mountain Climbers	Plank	Toe Touch (30 seconds)	Cone Taps
Flamingo	1 leg reach jump	Jumping Jacks	Birddogs	Crabwalk