

B I N G O

Crab walk	3 hops on one foot	5 heel raises	2 lunges	3 pushups
5 frog jumps	Jog in place	Skip	10 giant steps	5 cervical rolls clockwise
5 bicep curls with 1# weight	5 sit ups	Free!	5 arm circles	3 squats
4 leg kick backs	5 Jumping Jacks	6 hops right foot	5 high knees	5 hops left foot
10 toe touches	5 bicep curls with 5# weight	10 second plank	prone extension	15 second plank