


B	I	N	G	O
10 Jumping Jacks	10 second Plank hold	10 Big arm circles	10 Side to Side jumps	Hopscotch
10 Little arm circles	10 Hops on left foot	10 Pushups (wall or floor)	Jog in place for 2 minutes	10 Squats
Hula hoop	Jump rope or 2 minutes		15 High knees	5 Burpees
Dance	Ride a bike	Play soccer	Mountain climbers	1 minute walk on tiptoes
10 Sit ups	Cat/cow stretch	Tree pose	Wall sit for 2 minutes	10 Hops on right foot