



Exercise BINGO



25 Jump Jacks	30 seconds high knees	20 second plank	20 arm circles	30 ice skaters
20 second wall sit	10 frog jumps	10 single leg hops (each leg)	20 Jumping Jacks	25 seconds high knees
20 second plank	30 arm circles	10 second break	20 ice skaters	30 second wall sit
15 frog jumps	5 single leg hops (each leg)	30 Jumping Jacks	20 seconds high knees	35 second plank
25 arm circles	15 ice skaters	25 second wall sit	5 frog jumps	15 single leg hops (each leg)