

Exercise

Bingo



Run in Place	Toe Touches	Squats	Jumping Jacks	Arm Circles
Lunges In Place	Standing Crunch	Plank	Quad Stretch	Chair Dips
Push-ups	Down Dog	Random Dance Move	Bunny Hops	Calf Raises
Sit-Ups	Rear Kicks In Place	Windmills	High Knees In Place	Side Lunges
Shoulder Rolls	Single Leg Hops	Reach for the Sky	Cat-Cow	Triceps Stretch

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Calf Raises	Triceps Stretch	Reach for the Sky	Cat-Cow	Single Leg Hops
Lunges In Place	Standing Crunch	Plank	Quad Stretch	Chair Dips
Push-ups	Arm Circles	Random Dance Move	Toe Touches	Shoulder Rolls
Sit-Ups	Rear Kicks In Place	Windmills	High Knees In Place	Side Lunges
Run in Place	Bunny Hops	Squats	Jumping Jacks	Down Dog

Exercise

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Down Dog	Toe Touches	Calf Raises	High Knees In Place	Rear Kicks In Place
Lunges In Place	Standing Crunch	Side Lunges	Sit-Ups	Chair Dips
Cat-Cow	Run in Place	Random Dance Move	Bunny Hops	Squats
Quad Stretch	Arm Circles	Windmills	Jumping Jacks	Plank
Shoulder Rolls	Single Leg Hops	Reach for the Sky	Push-ups	Triceps Stretch

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Squats	Standing Crunch	Run in Place	Jumping Jacks	Arm Circles
Triceps Stretch	Toe Touches	Chair Dips	Quad Stretch	Plank
Push-ups	Single Leg Hops	Random Dance Move	Windmills	Calf Raises
Shoulder Rolls	Rear Kicks In Place	Bunny Hops	Down Dog	Side Lunges
Sit-Ups	High Knees In Place	Reach for the Sky	Cat-Cow	Lunges In Place

Exercise

Bingo



Push-ups	Arm Circles	Down Dog	Jumping Jacks	Triceps Stretch
Lunges In Place	Single Leg Hops	Calf Raises	High Knees In Place	Chair Dips
Run in Place	Squats	Random Dance Move	Bunny Hops	Plank
Side Lunges	Rear Kicks In Place	Reach for the Sky	Quad Stretch	Sit-Ups
Shoulder Rolls	Standing Crunch	Windmills	Cat-Cow	Toe Touches

Exercise

Bingo



Lunges In Place	Standing Crunch	Arm Circles	Plank	Squats
Run in Place	Toe Touches	Jumping Jacks	Side Lunges	Bunny Hops
Down Dog	Push-ups	Random Dance Move	Chair Dips	Reach for the Sky
Shoulder Rolls	Single Leg Hops	High Knees In Place	Windmills	Quad Stretch
Sit-Ups	Rear Kicks In Place	Calf Raises	Triceps Stretch	Cat-Cow