






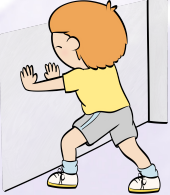














# ACTIVITY-BINGO

	30 SEC HIGH KNEES		30 SEC LUNGE STRETCH		10 X JUMP ROPE		20 X JUMPING JACK
10 X TOUCH YOUR TOES		30 SEC BUTTERFLY		10 X SUMO SQUATS		30 SEC CALF STRETCH	
	10 X SIT UPS		30 SEC RUNNING		30 SEC PLANK		30 SEC LEG STRETCH
30 SEC LEG STRETCH		30 SEC ARM CIRCLES		30 SEC LUNGE STRETCH		15 X SIT UPS	
	10 X SQUATS		30 SEC BUTTERFLY		30 SEC HIGH KNEES		5 X PUSH UPS