

Conditioning Bingo!

Hold a wall split for 3 minutes	32 jumps in 1st position	16 small arm circles - both directions	Do 10 Bridges	Hold a plank for 45 seconds
Do 10 Bridges	Do 45 crunches	Pointe and flex each foot 16 times	Do 10 push ups	30 jumping jacks
30 Releves	Hold my right and left splits for 45 seconds	FREE SPACE	60 second squat	Stretch in straddle
20 high knees	Crab walks back and forth in the living room	Do 30 bicycle crunches	write the ABCs with each foot	Cobra (mermaid) stretches
Sit in frog position for 3 minutes	Side plank - 30 seconds on each side	Hold passe position for 2 minutes	Heel Stretch	Hold my right and left splits for 45 seconds