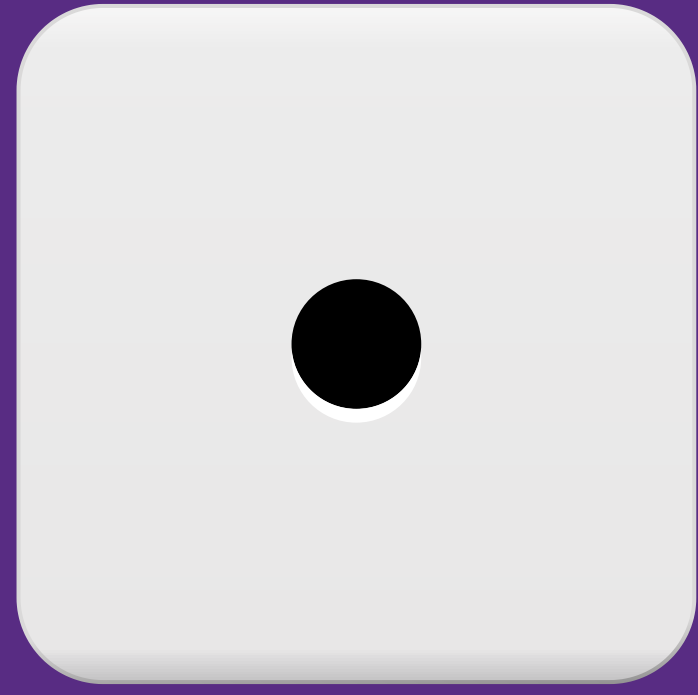


ROLL A BRAIN BREAK



1 minute of jogging
(on the spot)



4 Side Lunges
(on each leg)



20 Jumping Jacks



50 Seconds of
Arm Circles



30 Second Plank



60 Seconds of
Your Choice!