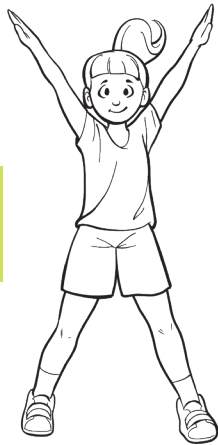
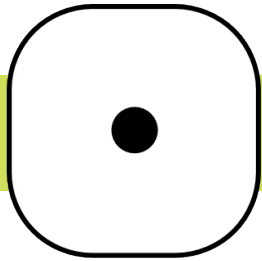
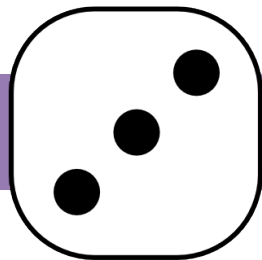
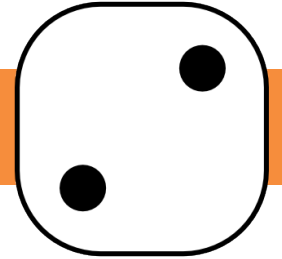


# Brain Break Workouts



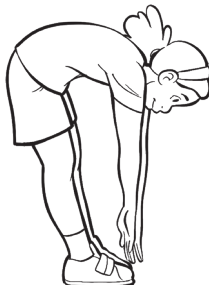
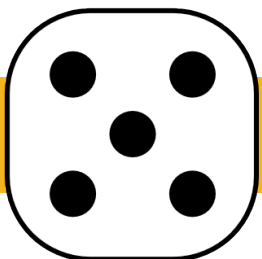
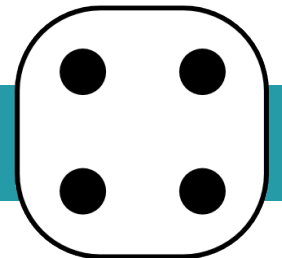
10 jumping jacks

5 sit-ups



Balance on 1 foot

5 lunges



Touch your toes

Run in place

