

5-Minute Brain Break

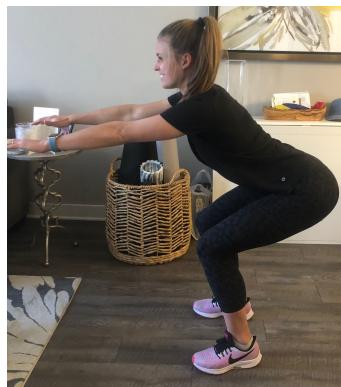
1. Jumping jacks - how many can you do in 1 minute?



2. Alternating kneeel - how many can you do in 1 minute?



3. Squats - how many can you do in 1 minute?



4. Downward dog - hold for 10 seconds; repeat 5 times



5. Bridge - hold for 5 seconds; repeat 10 times

