

# 5-Minute Brain Break

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



2. **Alternating kneel** - 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

