



10

Deep Breaths

Jump -----
9 times



8

Wall Pushups

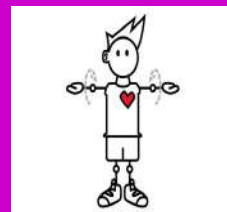
Jumping
7
Jacks



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Jog for
6
seconds

A
R
M
5
Circles



Balance on 1 foot
4
seconds



Hug
yourself
3 times



Reach for the sky
2 times



1

