

Quick Indoor Brain Breaks

Choose Column A or B. Complete all the items. Rest for 60 seconds. Repeat. Perform Exercise and Rest Cycles 3-5 times.

A

B

10
Jumping Jacks



Dance
for 30 Seconds



Run in Place
for 30 Seconds



10 Hops
Each Foot



10
Jumps Forward



10
Jumping Jacks



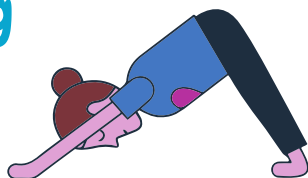
10
Push Ups



10
Wall Slides



Downward Dog
30 Seconds



Downward Dog
30 Seconds

