

WALL PRESS x10



JUMP AND TOUCH THE HAND PRINTS

5X



RUN ON THE SPOT FOR 30 SECONDS



JUMPING JACKS X15



BALANCE ON ONE LEG FOR 20 SECONDS



**CROSS OVER AND TOUCH YOUR TOES, BOTH SIDES
5X EACH SIDE**

Bear Walk

3 times

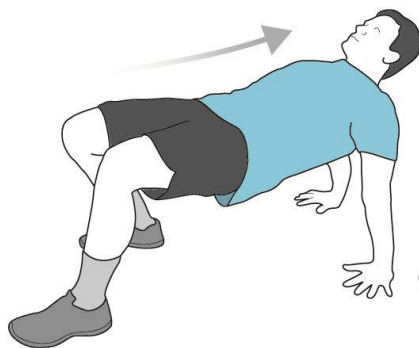


1

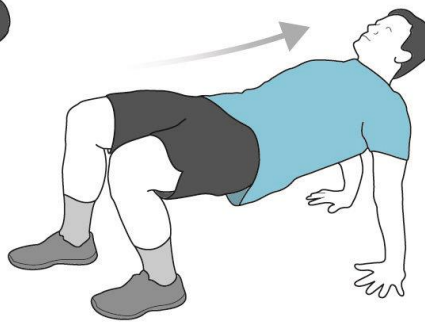


2

CRAB WALK

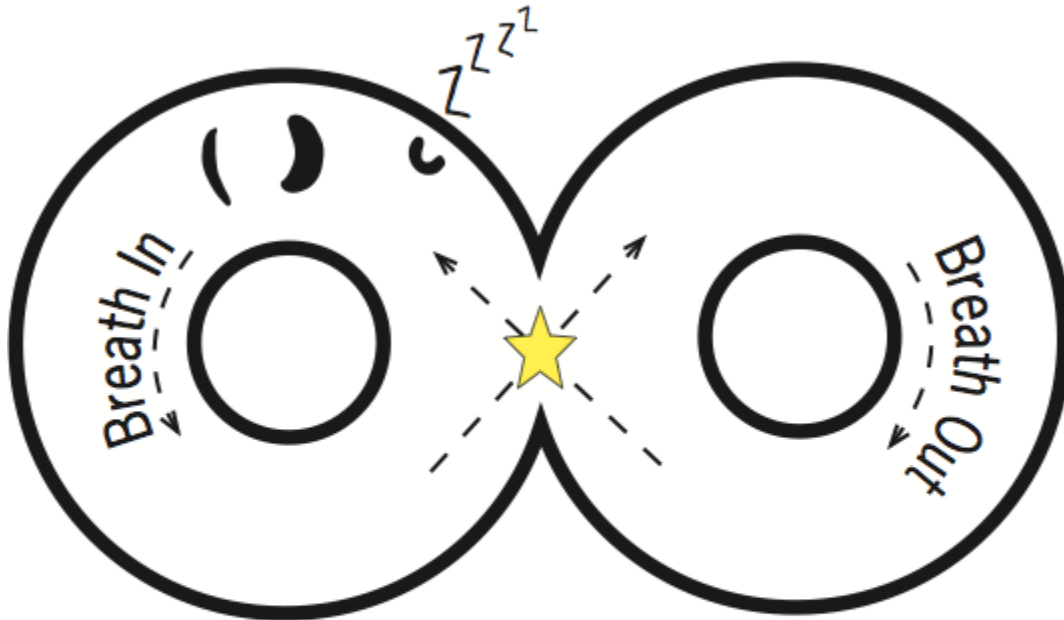


1



2

Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.