

Time for a movement break!



5 star jumps



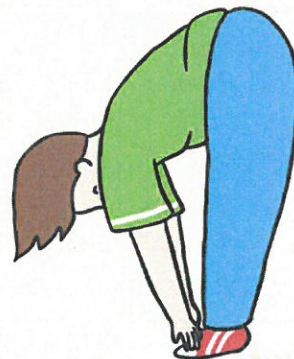
Run



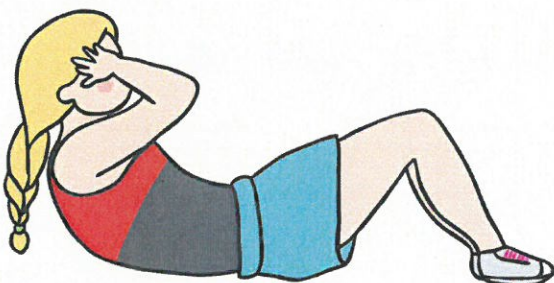
10 hops



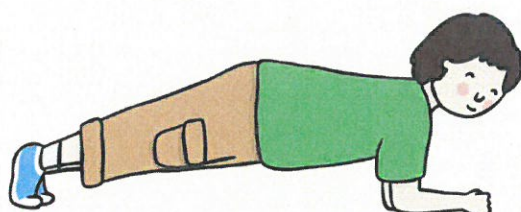
Touch your toes
10 times



5 sit ups



10 stretches



10 jumps



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Do a bear walk



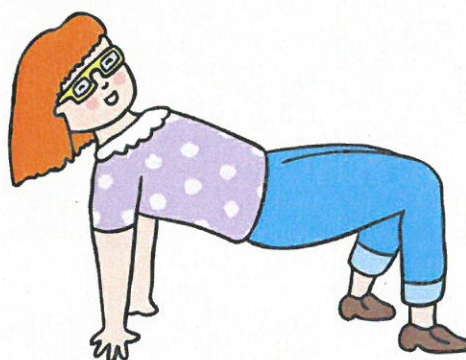
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Circle your arms
10 times



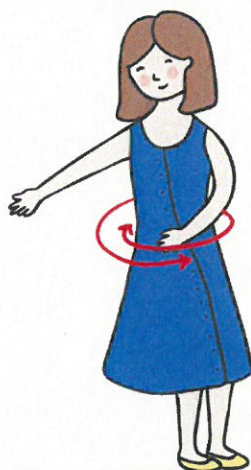
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Do a crab walk



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10 twists



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10 leg raises



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