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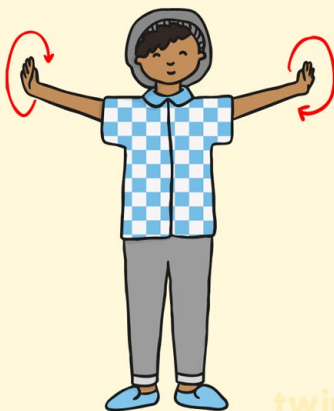
Time for a  
movement break!



5 star jumps

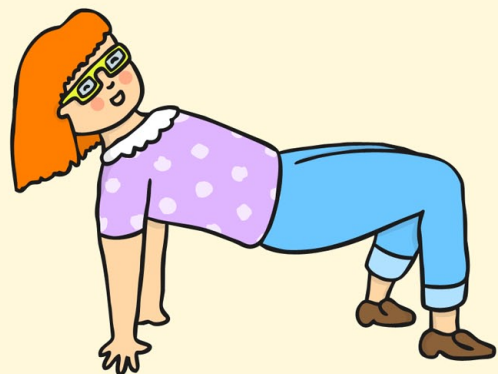


Circle your arms  
10 times



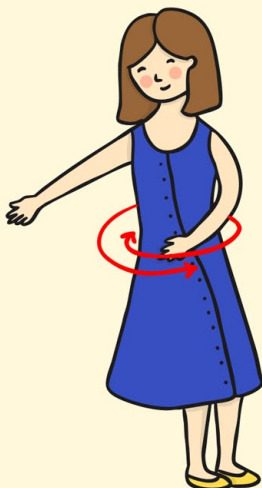
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Do a crab walk



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10 twists



Do a bear walk



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10 leg raises

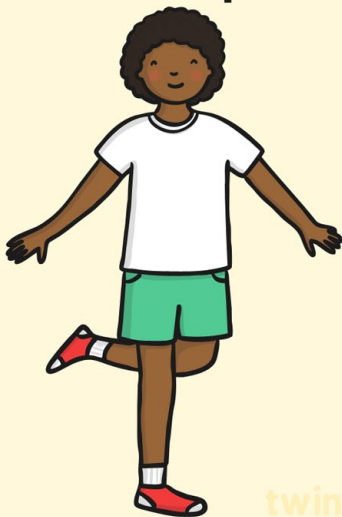


Run



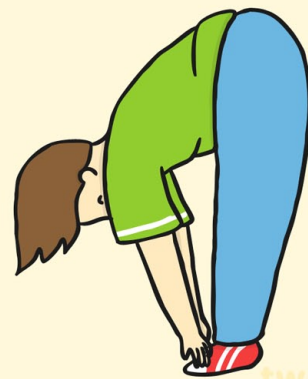
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10 hops



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Touch your toes  
10 times



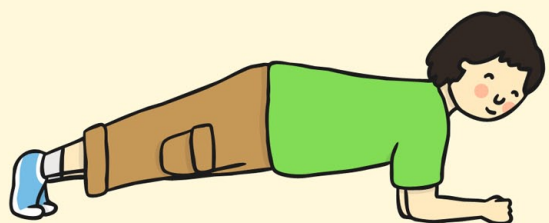
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5 sit ups



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10 stretches



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10 jumps



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