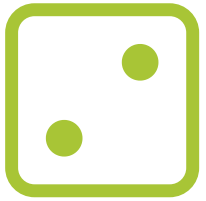


Movement Break

ROLL THE DICE



20 Jumping Jacks



15 Sit-Ups



Hop on one foot



10 Push-Ups



Touch your toes for 15 seconds



Run in place