

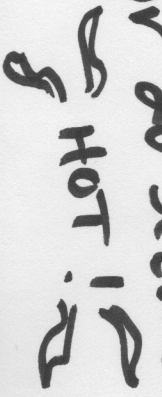
Balance on  
1 foot with  
eyes closed for  
10 seconds



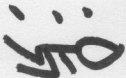
Jump up and  
pretend to  
shoot 10 baskets



Dance like you  
drank a whole  
bottle of HOT SAUCE  
for 20 seconds

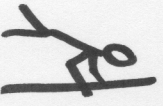


Jog in  
place for  
30 seconds



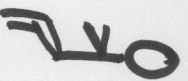
Complete

10 wall push-ups

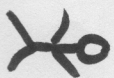


Do 10

Squats



Do 10  
Jumping  
jacks



Walk on your  
tip toes around  
the tic-tac-toe  
board 3 times

Act like  
a NINJA  
for 20 seconds

