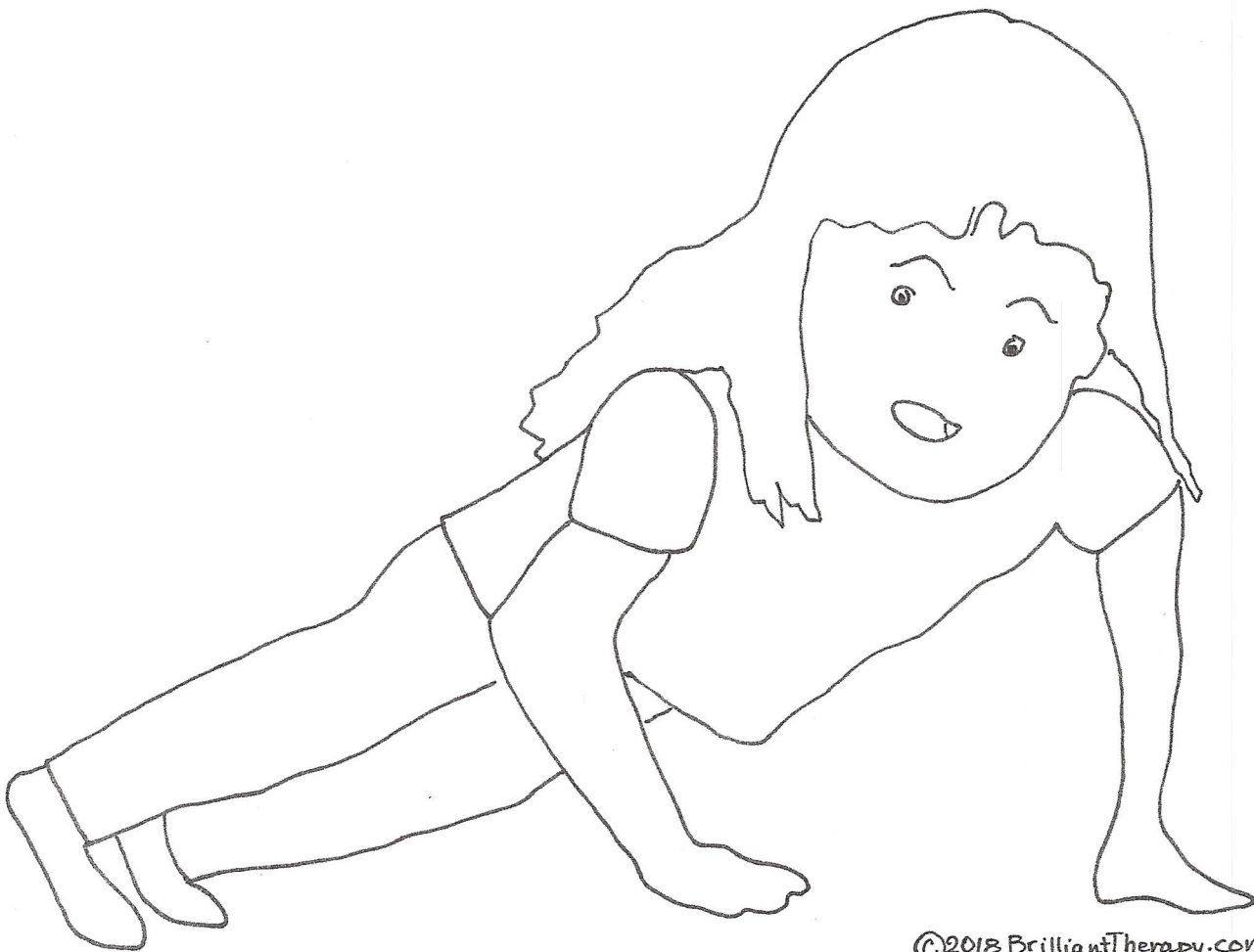
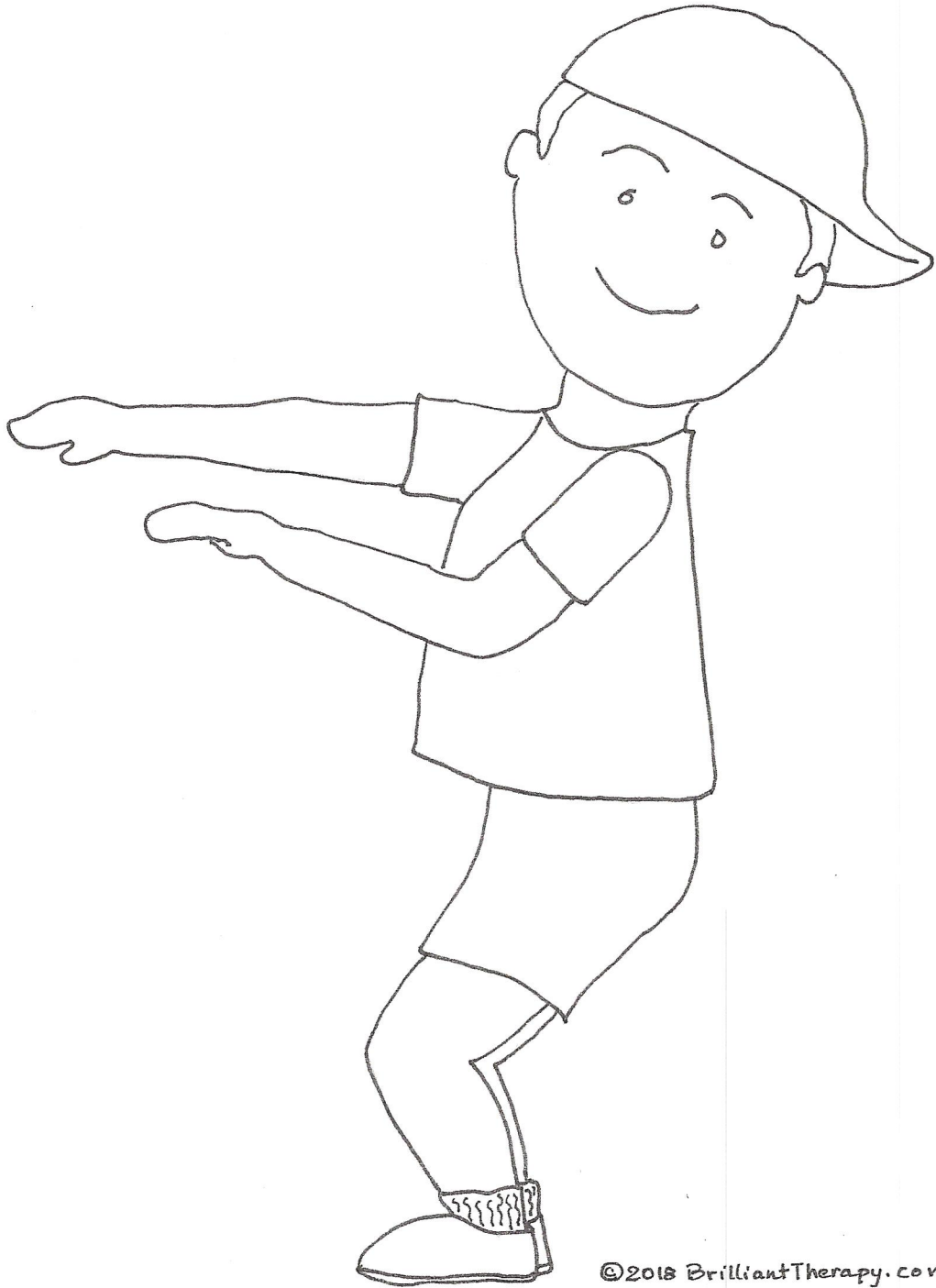


Do a push up!



©2018 BrilliantTherapy.com

Do 5 squats



Stand on one foot and  
count to 10.

