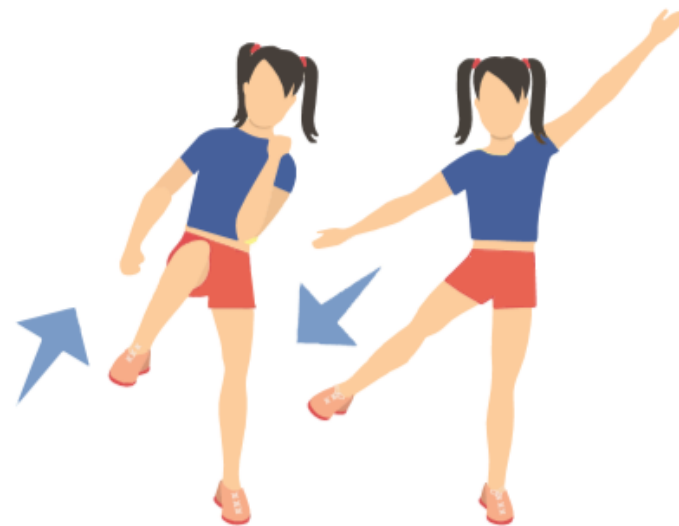
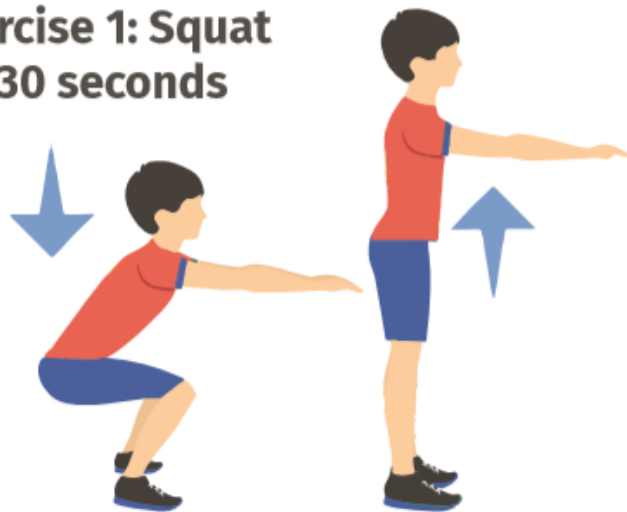


BRAIN BOOST: 2 MINUTE BLAST

1. Exercise 1: Squat for 30 seconds



2. Exercise 2: Elbow to knee for 30 seconds, then repeat with the other leg

3. Exercise 3: Hands on floor or desk, and pull alternate knees into your chest

