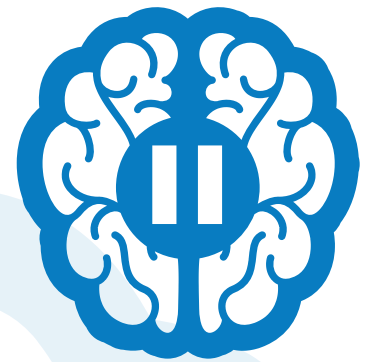


BRAIN BREAKS



Instructions:

Click on a video below to watch refreshing clips that give your brain a much-needed break and help you recharge.

DANCE
Cardio
Groove

WORKOUT
Agility
Explosion

MINDFULNESS
Breathing

YOGA FLOW
Strong &
Humble

WORKOUT
Mighty
Muscles

WORKOUT
Core
Power

MINDFULNESS
Finding
Peace

YOGA FLOW
Dance of
Shiva

DANCE
Dance
Fusion

WORKOUT
Quick
Moves

WORKOUT
Legs of
Steel

DANCE
Move &
Shake

WORKOUT
Ultimate
Core

YOGA FLOW
Tic Toc

MINDFULNESS
Mantra

YOGA FLOW
Rise &
Flow

WORKOUT
Power
Legs

MINDFULNESS
Peace &
Kindness

WORKOUT
Upper Body
Ignition

DANCE
Rhythm &
Sweat



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