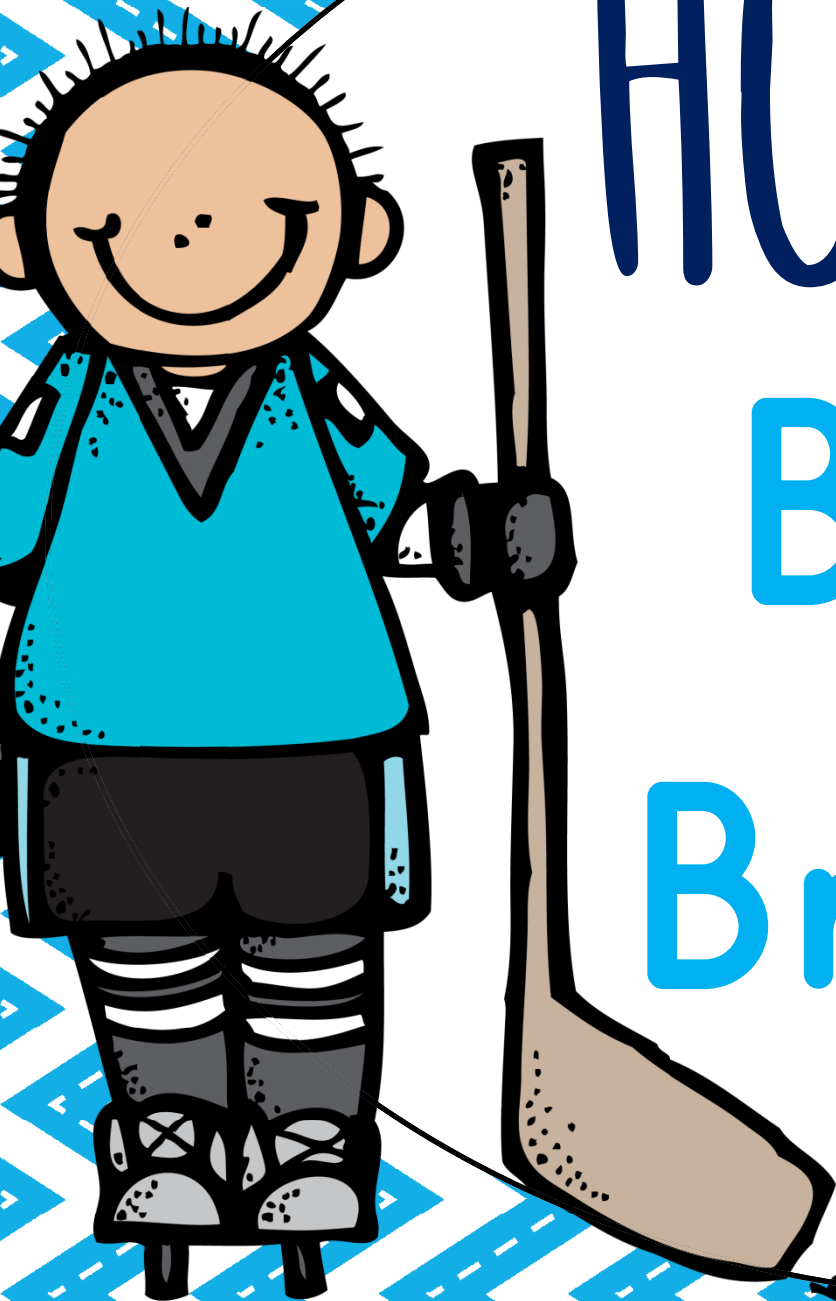
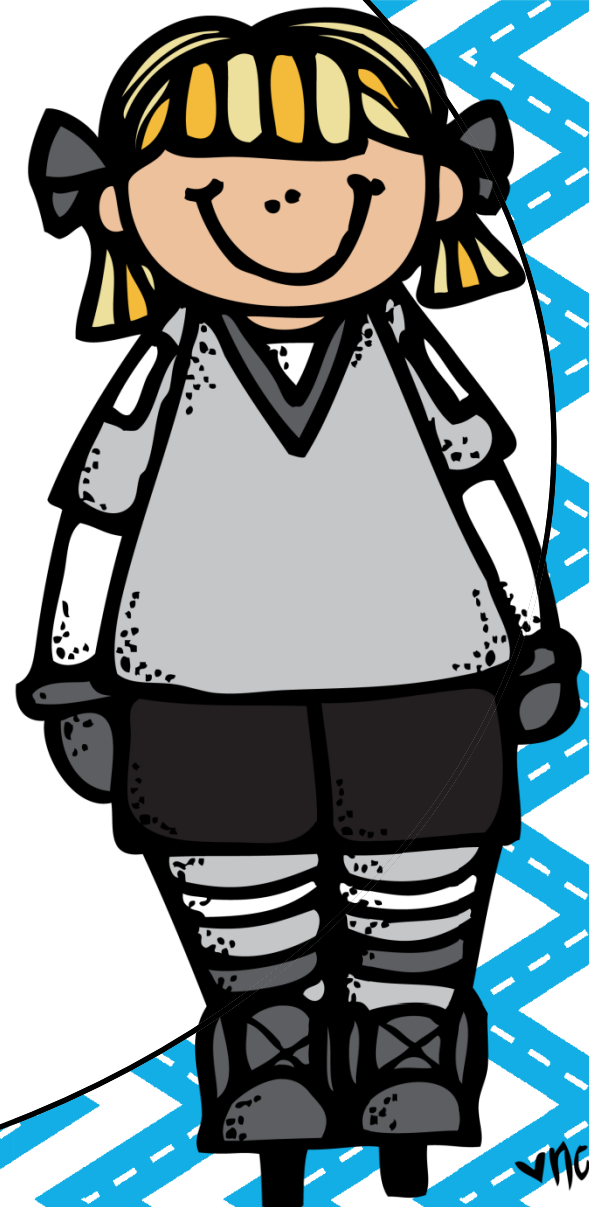


HOCKEY

Brain Breaks



Pink
Oatmeal



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Brain Breaks

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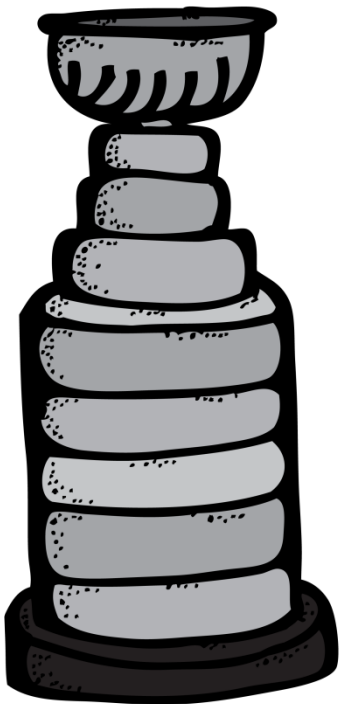
SPEED SKATE

Run In Place
x30
Seconds



SPEED SKATE

March In
Place As Fast
As You Can
x30 Seconds



SPEED SKATE

Fast Jumps
x30 Seconds



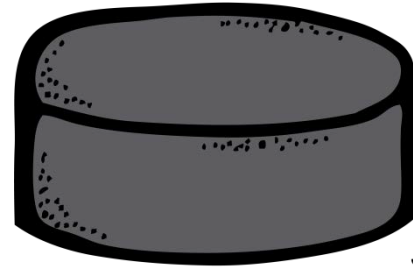
SPEED SKATE

Side Steps
Across The
Room



SHOOT THE PUCK

Forward Arm
Circles x20



SHOOT THE PUCK

ymq2
Backward Arm
Circles x20



SHOOT THE PUCK

ymq2
Wall Push-Ups
x20



SHOOT THE PUCK

ymq2
Shoulder
Circles x20



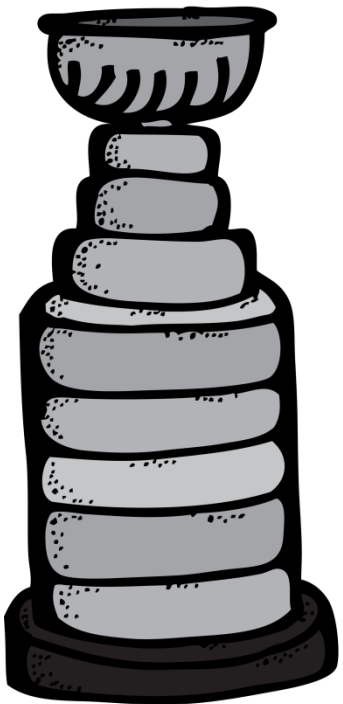
IN GOAL

Squat x20



IN GOAL

Lunge x15



IN GOAL

Heel Raises
x20



IN GOAL

Toe Raises
x20

Credits

