



## Brain Warm-Ups

Task	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6	SESSION 7
Toss Ball to Self Right Hand to Left Hand 20X						
One Legged Toss 10X						
Cross Crawl 10 Sets						
Cross Chop 10X Each Side						
Jumping Jacks 10X - Add Variation						
Tricep Dips 10X						
Bicycle 10X						
Bridging 1 Foot 10X OR Seconds						
Plank 10-60 seconds						
Jump Rope						
Grapevine						
Interactive Metronome						

