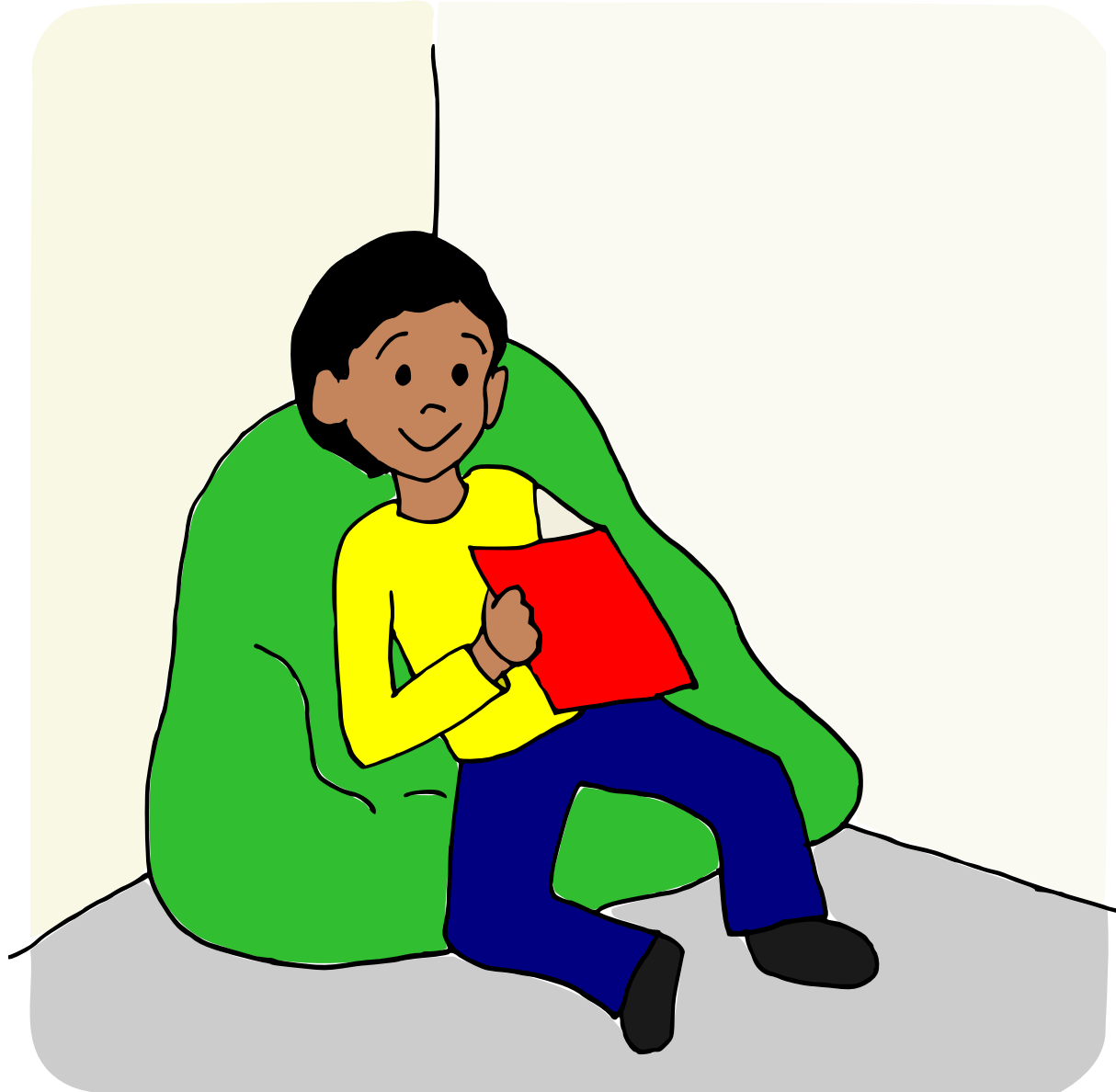
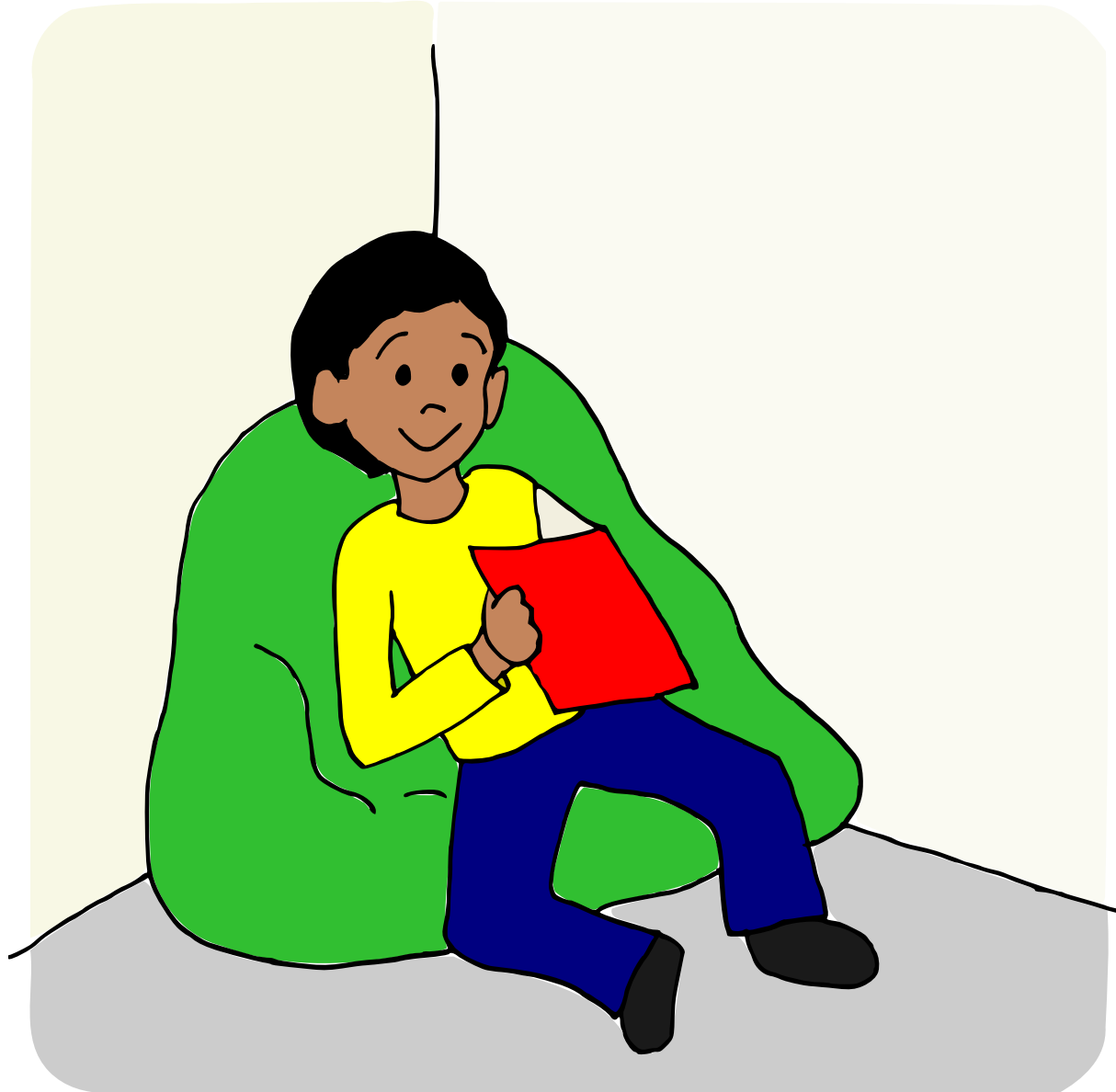


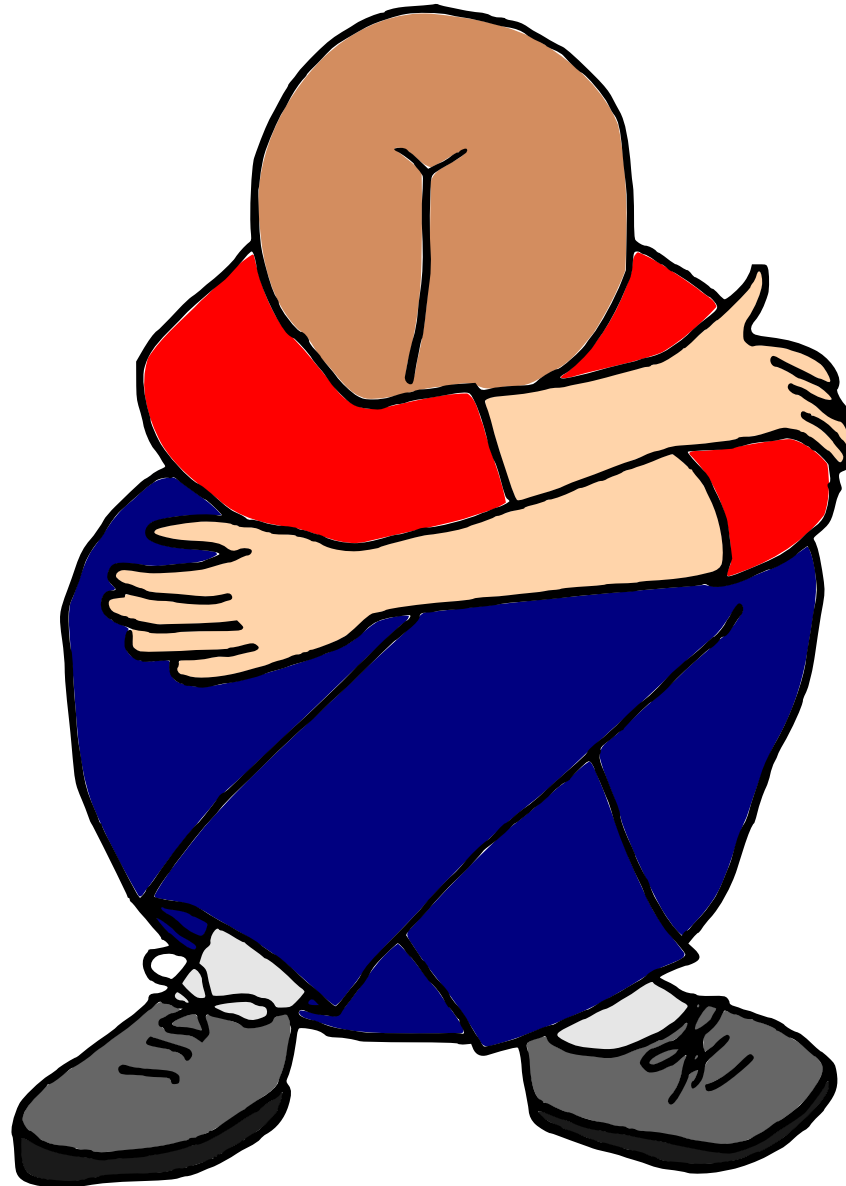
Calm Myself Options



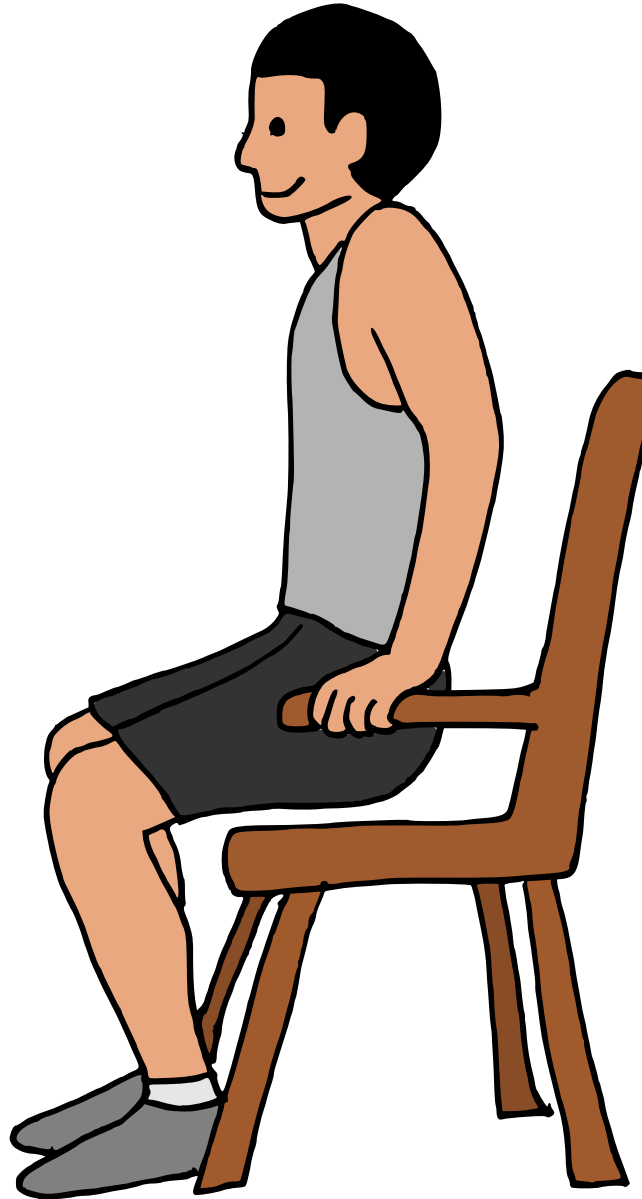
5 min in calm spot



5 second curl up



5 Chair Push-Ups



5 min quiet time in tent

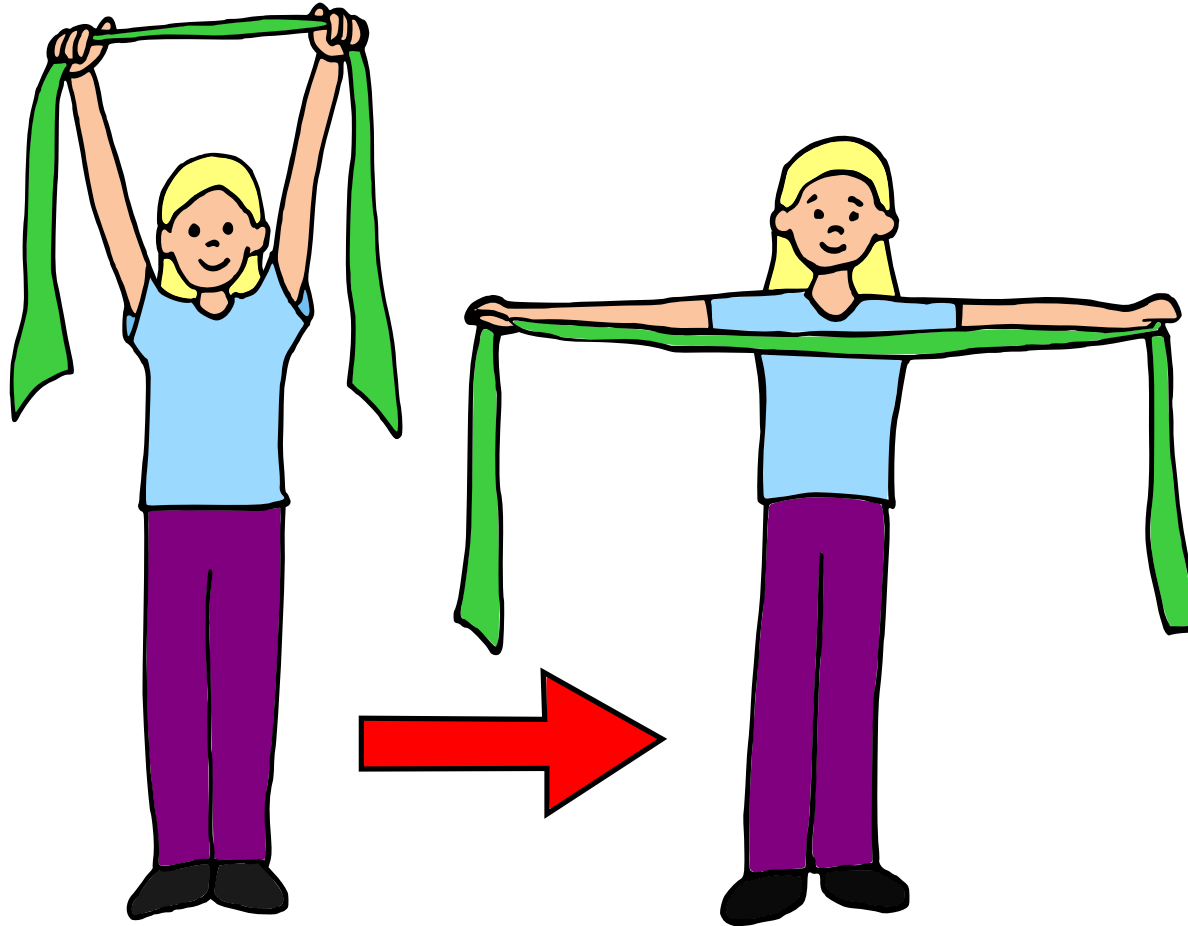




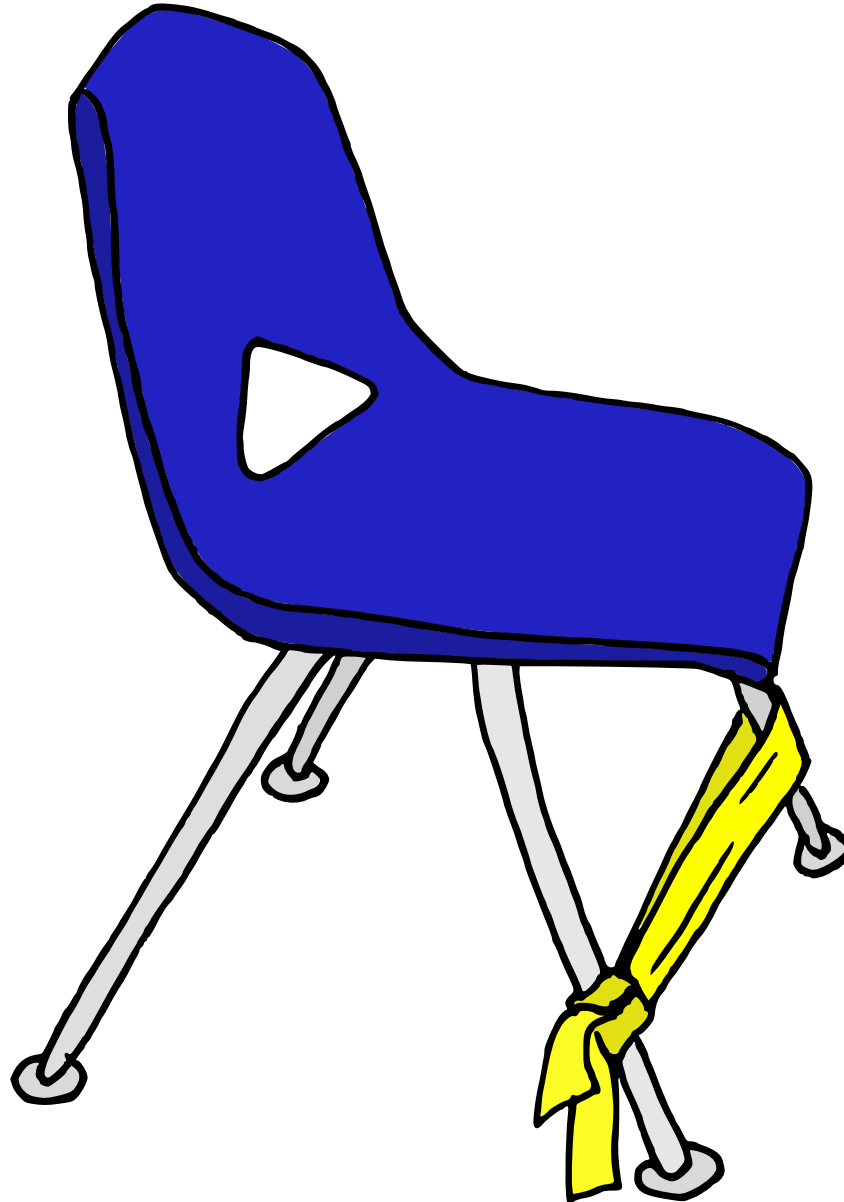
5 arm circles



5 sec band pulls



5 bounces with legs



5 jumping jacks



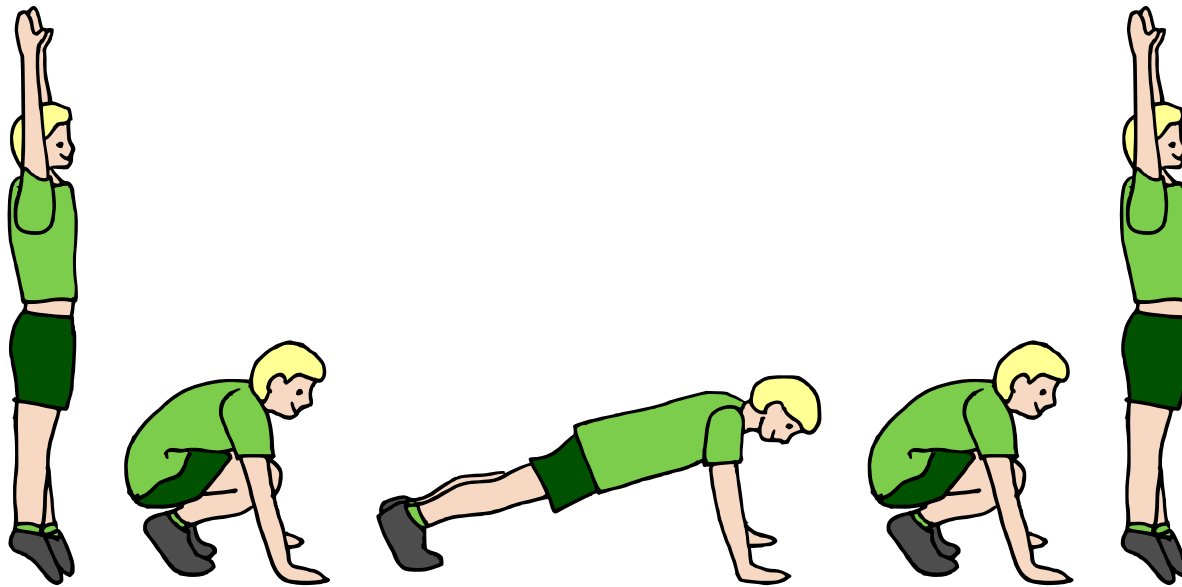
5 steps bearwalk



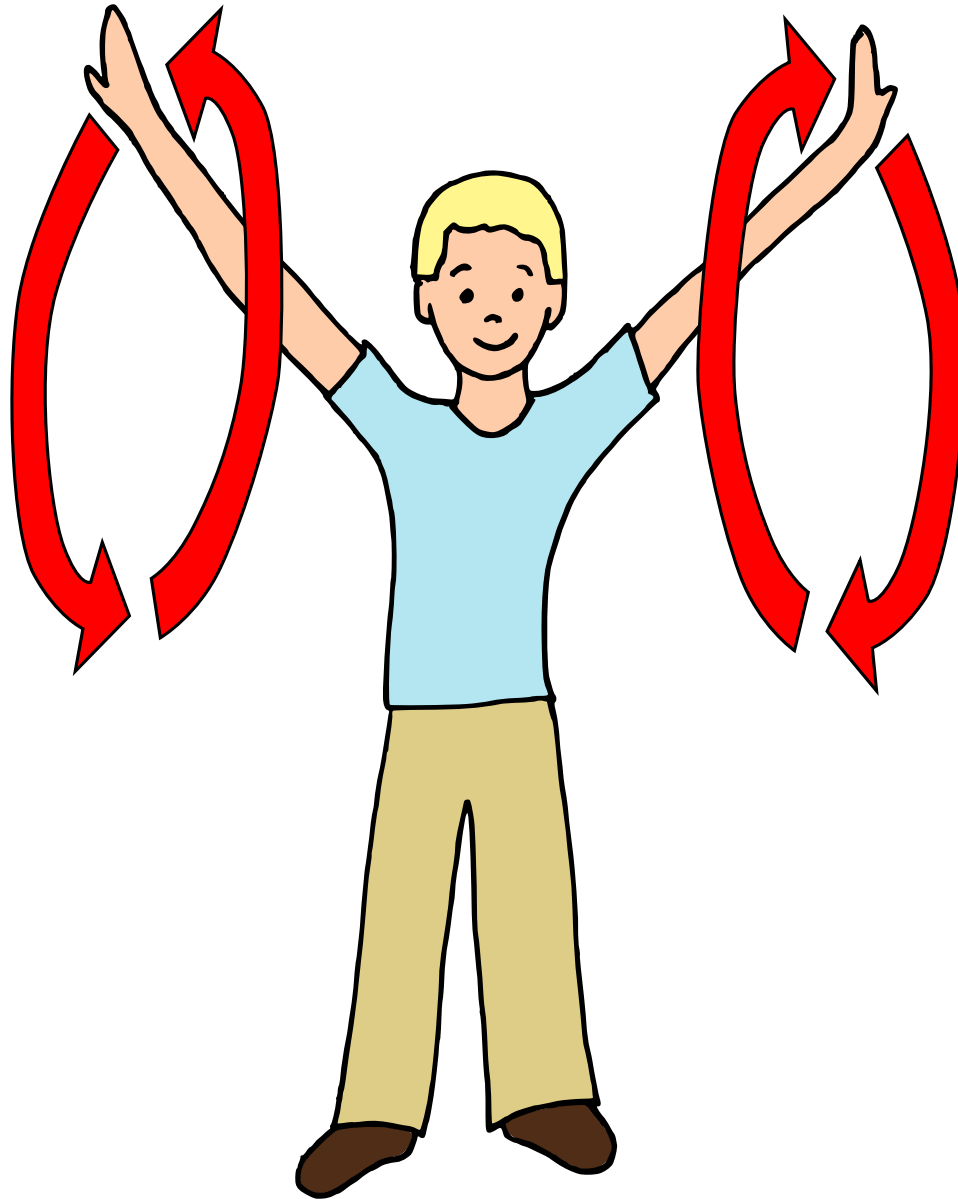
5 sec body squeeze



Burpees



Circle Arms



Duck Walk



Hop

