

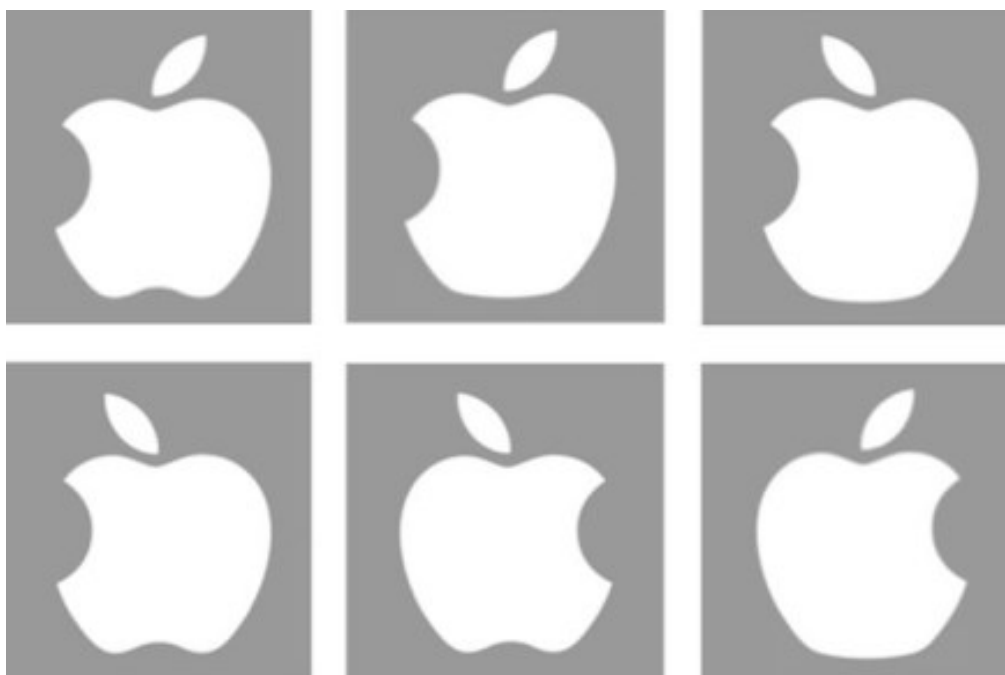
Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue  
yellow red black green white red  
white green red black yellow green  
black white yellow green red blue  
white green red black yellow green  
yellow red black green white red  
white green red black yellow green

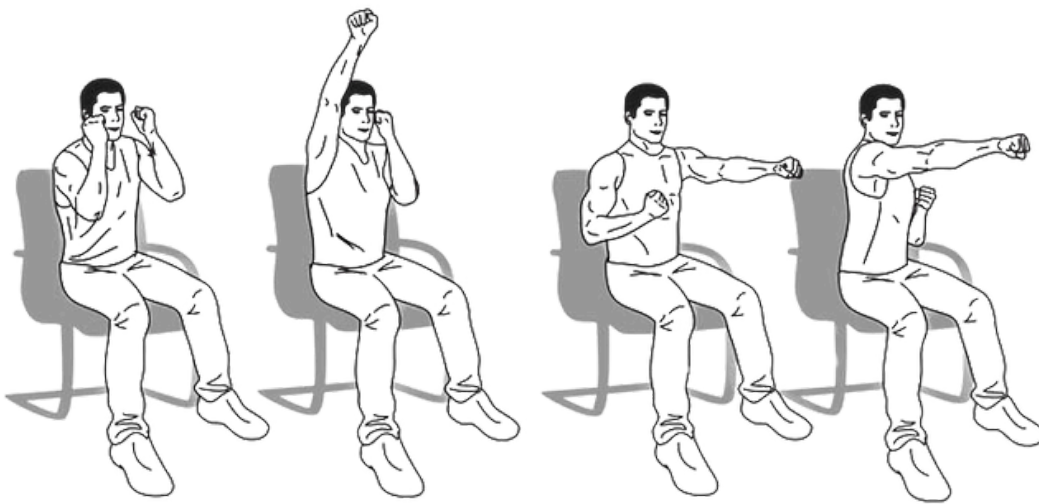
Can you identify Apple's logo?



# Winter Warm Up!

## Seated Boxer!

Boxing may be renown for its bob & weave but that doesn't mean you need to be bound by tradition. Because the office is not a ring, your office chair will have to be your canvas. Just make sure no coworker is within arm's reach.



10 overhead punches

10 punches

10 overhead punches

10 punches

10 overhead punches

10 punches

done

