

# STRESS BUSTING WORKOUT

## Warm Up:

30 sec Plank/30 sec Left Plank/30 sec Right Plank x 3

## Workout:

20 Minutes - Do As Many Rounds as Possible

50 Alternating Lunges

40 Jumping Jacks

30 Squats

20 Sit-ups

10 Pushups

5 Burpees

## Cool Down:

Run 10 Sets of Stairs and/or 10 Pushups x 2