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:

Run10 Sets of Stairs and/or 10 Pushups x 2

pure movement

Each and every individual health and fitness situation is unique to the person that is experiencing it. This workout is not meant to replace the advice of trained medical professionals. All matters regarding a person's health require medical supervision. A trained and licensed physician should be consulted prior to implementing any of the recommendations described in these resources.