



STRESS BUSTER

“Peace of Mind”

Program Benefits:

- **Length of Program:** 25-30 Minutes
- **Program Goal:** This circuit is designed to help you relieve stress by combining higher intensity exercises with slow controlled stretching to promote balance and peace of mind.
- Don't be afraid to try new things to change things up. This particular program is designed to help melt the stress of the day/week away with movements requiring good form and technique. Remember, the definition of insanity is doing the same thing and expecting to get a different result!
- A word to the wise: Stretching needs to have just as much focus as the form on the other exercises. This allows the mind to hit the “reset” button and that can make all the difference when the stress of life starts to take its toll on us.



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Program Exercises:

- Warm up with 5 minutes on your choice of cardio equipment.

There should be no more than 45-60 seconds rest between sets.

Split leg squat
• 3sets 10-12 reps

Basic push up
• 3sets 8-12 reps

Squat thrust (burpee)
• 3 sets 10-12 reps

Assisted pull up/Inverted row
• 3 sets 8-12 reps

Stiff leg dead lift using moderate weight
• 3 sets 10-12 reps

Standing shoulder press using moderate weight
• 3 sets of 10-12 reps

Side kicks using the heavy bag
• 3 sets each leg 12-15 reps

Stretching focusing on breathing and meditation.
Make sure you're holding your stretches for a minimum of 15-20 seconds