



Name : **Stress Busting Workout**

Date : April 15, 2020

Consultant : Lisa Niglia

Jog OTS				Squats				Squat Jump				Abdo Crunch			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	1min			2-3	1min			2-3	1min			2-3	20		
Alt Knee Thrust				Spiderman with knee Rotation				Side step over Towel				Alt Knee Lift Abs			
				<p>-Twist trunk -Pull knee toward opposite shoulder</p>											
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	1min			2-3	10ea			2-3	1min			2-3	10ea		
Alt Lunge Front Kick				Burpee				Squat Side Kick				Reach for Toes			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	10ea			2-3	20			2-3	20ea			2-3	20		