



Relieve Stress Program

When dealing with stress, some need to power down, relax and recoup, while others prefer a high intensity training session to blow off steam. To accommodate both styles of stress relief, the challenge provides two different energy-level classes each exercise day. The first class listed will help you relax while the second class listed will get your heart pumping. Grab a friend and set a goal together!

Recommended Equipment



Yoga Mat



Resistance Bands



Dumbbells



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	FUNDamentals (Yoga) 20 min OR Turn HIIT Up (HIIT) 20 min	Blissed Out Hips (Yoga) 50 min OR Circuit Crazy (HIIT) 35 min	Rest	Sans Barre (Yoga) 35 min OR Combat Mode (Kickboxing) 35 min	Unlock and Unblock (Yoga) 20 min OR Tabata Heat (Toning) 20 min	Heart Opener (Yoga) 20 min OR Ascension (Toning) 20 min	Rest
WEEK 2	Breathe Into It (Stretch & Release) 20 min OR Beat Down (Kickboxing) 20 min	Rise 'n Shine (Yoga) 50 min OR All In (HIIT) 20 min	Rest	FUNDamentals (Yoga) 20 min OR Burpee Challenge (Kickboxing) 35 min	Balanced Mindset (Yoga) 35 min OR Circuit Crazy (HIIT) 35 min	Heart Opener (Yoga) 20 min OR Epicenter (Toning) 20 min	Rest
WEEK 3	Unlock and Unblock (Yoga) 20 min OR Ascension (Toning) 20 min	Blissed Out Hips (Yoga) 50 min OR Fast N Furious (HIIT) 35 min	Rest	Rise 'n Shine (Yoga) 50 min OR Combat Mode (Kickboxing) 35 min	Sans Barre (Yoga) 35 min OR The Fighter (HIIT) 20 min	Light-Hearted (Yoga) 20 min OR Turn HIIT Up (HIIT) 20 min	Rest
WEEK 4	Unlock and Unblock (Yoga) 20 min OR Fast N Furious (HIIT) 35 min	Breathe Into It (Yoga) 20 min OR Tabata Heat (Toning) 20 min	Rest	Balanced Mindset (Yoga) 20 min OR Burpee Challenge (Kickboxing) 35 min	Rise 'n Shine (Yoga) 50 min OR All In (HIIT) 20 min	Light-Hearted (Yoga) 20 min OR Beat Down (Kickboxing) 20 min	Rest