



RELIEVE STRESS WORKOUT PLAN

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 plan 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



DUMBBELLS



RESISTANCE BANDS

What's Next

- Repeat this plan as needed
- Explore the Fusion channel for calming stress relief
- Explore the Kinetics channel for high intensity stress relief

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Fusion FUNdamentals 20 min – OR – Kinetics Turn HIIT Up 20 min	Fusion Blissed Out Hips 50 min – OR – Kinetics Circuit Crazy 35 min	REST	Fusion Sans Barre 35 min – OR – TKO Combat Mode 35 min	Fusion Unlock and Unblock 20 min – OR – eXpress Tabata Heat 20 min	eXpress Heart Opener 20 min – OR – eXpress Ascension 20 min	REST
WEEK 2	eXpress Breathe Into It 20 min – OR – TKO Beat Down 20 min	Fusion Rise 'n Shine 50 min – OR – Kinetics All In 20 min	REST	Fusion FUNdamentals 20 min – OR – TKO Burpee Challenge 35 min	Fusion Balanced Mindset 35 min – OR – Kinetics Circuit Crazy 35 min	eXpress Heart Opener 20 min – OR – eXpress Epicenter 20 min	REST
WEEK 3	Fusion Unlock and Unblock 20 min – OR – eXpress Ascension 20 min	Fusion Blissed Out Hips 50 min – OR – Kinetics Fast N Furious 35 min	REST	Fusion Rise 'n Shine 50 min – OR – TKO Combat Mode 35 min	Fusion Sans Barre 35 min – OR – Kinetics The Fighter 20 min	eXpress Light Hearted 20 min – OR – Kinetics Turn HIIT Up 20 min	REST
WEEK 4	Fusion Unlock and Unblock 20 min – OR – Kinetics Fast N Furious 35 min	Fusion Breathe Into It 20 min – OR – eXpress Tabata Heat 20 min	REST	Fusion Balanced Mindset 20 min – OR – TKO Burpee Challenge 35 min	Fusion Rise 'n Shine 50 min – OR – Kinetics All In 20 min	eXpress Light Hearted 20 min – OR – TKO Beat Down 20 min	REST