The Destresser!
20 min · Arms, Legs, Shoulders

Feeling a little stressed out? This 20-minute destressing workout will bring you back down to a nice, calm level. Complete each set and each rep with a little extra ‘umph’.

**Shadow Boxing**
- 3 sets
- 30 secs
- 30 sec rest
30 seconds on and 30 seconds off. Imagine your enemy, and punch them right in the chops!

**Front Kicks**
- 3 sets
- 30 secs
- 30 sec rest
Alternate your legs with every rep, again, face your enemy!

**Bench Tricep Dips**
- 2 sets
- 15 reps
- 30 sec rest
Burn those triceps a little!

**Frog Jumps**
- 2 sets
- 10 reps
- 30 sec rest
Get nice and low with every rep and explode upwards!

**Roundhouse Kicks**
- 3 sets
- 30 secs
- 30 sec rest
You're almost done! Alternate those legs again!

**Lunge Punches**
- 2 sets
- 30 secs
- no rest
Superset A2 · Are you feeling better?

**Lunge Front Kicks**
- 2 sets
- 30 secs
- 30 sec rest
Superset A1 · The final sets in superset form. Alternate your sides as you go!
**Shadow Boxing**

Primary muscle group(s):
Abs, Biceps, Shoulders, Triceps

Secondary:
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.

**Front Kicks**

Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Abs, Calves, Glutes & Hip Flexors

Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position. Repeat on the other side.
**Chair / Bench Tricep Dips**

Primary muscle group(s):
- Triceps

Secondary:
- Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.
Lift up onto your hands and bring your hips forward.
Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.
Push back up but don't lock your elbows and repeat.

**Frog Jumps**

Primary muscle group(s):
- Hamstrings, Quadriceps

Secondary:
- Calves

Standing straight up, bring your feet outside of shoulder width.
Squat down by bending at the knees and driving your hips back.
Keeping your chest up, forcefully push off the ground with the balls of your feet.
Land on the balls of your feet, remaining in the squatting position. Your legs will remain wide.
Repeat.
**Roundhouse / Side Kicks**

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Calves

Stand in a comfortable position with knees slightly bent, one foot forward, at a distance a little wider than shoulder width.

Twist your body and simultaneously lift your back leg so that it rotates towards your target, it should be at about hip height.

Keeping your back (kicking) leg bent, rotate until your front leg is within close striking distance and then straighten the knee to connect with the target.

Connect with your shin lightly, and then reverse the movement, twisting back with your hips to the starting position.

**Lunge Punches / Lunges**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Hamstrings, Shoulders

Keeping your back upright, take one step forward (around 1.5x a normal forward step).

Lower your body into the lunge until the forward leg reaches a 90-degree angle bend.

As you lunge, strike forward with your opposite hand to a punch. Your back knee should only just hover from the floor.

Push upwards through the front leg and drive your body back to the starting position.
Lunge / Front Kicks

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings

Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.

As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.

Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.