

DECOMPRESSION CIRCUIT

15-MINUTE STRESS-RELIEF WORKOUT

Instructions:

1. Perform each exercise for the time specified.
2. Rest for 30 seconds between each circuit.
3. Repeat the circuit 3 times and note down how many of each you completed below!

Exercise	Duration	Circuit 1	Circuit 2	Circuit 3
Jumping Jacks	1 minute			
Push-Ups	1 minute			
Sit-Ups	1 minute			
Rest	30 seconds			

NOTES: USE THIS SECTION TO JOT DOWN ANY OBSERVATIONS OR FEELINGS DURING THE WORKOUT.

Remember, exercise is not just about physical health; it's a vital tool for mental well-being.

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