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Editor's Note



We hope we timed this exercise to coincide with a day when you really, really wish you could vent some frustration. Not that we want our readers to be frustrated, but, if you are, here's your chance to lash out against imaginary bosses, coworkers, family members, clients, or even strangers who have irritated you. Get all of that aggression out of your system so you can get back to your calm place!

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Shadow Boxing

Are you upset about something? Is a client driving you mad? Punch out your frustrations and improve your muscle tone at the same time.

Step 1: You can punch it out while sitting in your chair, but scoot your chair back so you don't put a hole in your computer monitor. The exercise is more effective (and more fun) if you stand and walk around the room. Get into it – pretend you're Rocky or Ali!



Step 2: Punch your arms out in front of you, switching sides, and changing your motions any way you choose.

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