



## **Vital Moves Weekly Challenge Blast #10** **Room To Room In June**

Vital Moves is here to support, motivate and educate you as you continue to challenge yourself each week. We have put together an instructional video to accompany this week's challenge. If you would like to see the instructional video, please follow this link:

<https://youtu.be/PlxKPRGMvfM>

The video will be available for viewing all week.

### **...the Challenge**

**Each week, exercises will be assigned to designated rooms in your house.**

**How many days per week do you do them? 2-6x**

Your Choice  
Your Challenge

**How many repetitions +/- sets/rounds of each is up to you**

**...in addition**

**Each week challenge yourself to one or more **different cardio workout(s)****

**Swim if you always walk \*\* Walk if you always bike**

**Take a hike \*\* Take a class (**Vital Moves offers classes online!**) \*\***

**\*\* Try some Jumping Jacks & Burpees \*\***

Your Choice  
Your Challenge

**Exercise not only changes your body.  
It changes your mind, your attitude & your mood**



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## Room To Room In June

### Week One: Start in your hallway

#### Hallway Work

Lap = Up & Back

Walk Grout Line	1 lap
Side steps	2 laps
Walk Grout Line	1 lap
Walk Knee Lifts	2 laps
Walk Grout Line	1 lap

#### ...to the Kitchen!!!



1. Turn on your favorite tune & dance like no one is watching
2. Push Ups Off Counter: 10-20 reps, 1-2 sets
3. Mountain Climbers Off Counter: 10-20 seconds, 1- 2 sets

hands on edge of countertop – walk feet behind hips – create a long strong plank alignment – alternate knees forward – keep shoulders over wrists - **NO LEANING**

...controlled smooth movement from a steady base

### 1 – 2 Rounds In The Kitchen

Your Choice  
Your Challenge



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## Room To Room In June

**...back to the hallway!**

**Hallway Work**

**Repeat**

**...to the Bedroom!!!**

**Use edge of bed to assist balance**

**1. Weight Shift - Leg Lift: 4 - 8x 1-2 sets**

**start in split stance, forward knee slightly bent, weight heavy on heel, weight light on back foot – gaze ahead**

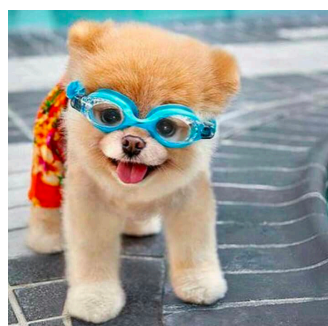
**hinge forward over front hip/heel – touch bed – exhale & lift back leg up – hesitate – lower & return to start position**

**...controlled smooth movement from a steady base**

**2. Side Lunge: 8-15x 1-2 sets**

**set feet wider than hip width apart- feet parallel to each other – set hands on edge of bed & hinge hips back – keep gaze ahead as you shift hips right – weight heavy in right heel**

**feel the stretch in the left inner thigh muscles– push through right heel to straighten right knee – weight shift left – alternate sides**





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## Room To Room In June

**...back to the hallway!**

**Hallway Work**

**Repeat**

**...to the TV Room**



**1. Roll Your Feet (some things never go away)**

**\*\*racket ball, tennis ball or pickle ball**

**2. \*\*Roll your Chest Wall – front shoulders – roll down your arms to your forearms**

**DO NOT ROLL WRISTS**

**3. Come up to standing & walk around the room for no other reason than to 'Get Up & Move'! – for 2 -4 commercials**

**The dog days of summer are upon us**  
**Take your intense training sessions indoors this month**  
**Train Smarter - Not Hotter**  
**#noexcuses**

**...enjoy the process**