



#noexcuses

Vital Moves Weekly Challenge Blast #11 **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/V_QZDiPbzoM

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**



Vital Moves Weekly Challenge Blast #11

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

4. 'Sit Backs' at the sink: 2-6x, 2-6 sec hold

Your Choice
Your Challenge

Place hands on inside of sink, feet hip width apart, hinge hips back and 'have a seat, drive through heels, abdominals engaged, top shoulders EZ, look ahead, steady breath

1 – 3 Rounds In The Kitchen



Vital Moves Weekly Challenge Blast #11

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

3. Roll Ups: 4-8x

Lie face up on your bed, knees bent, legs straight. Tighten abdominals- tighten leg muscles, exhale & roll up to a seated position, leverage off the bed as much as needed- hesitate & slowly roll down- assist as needed.

The stronger the core muscles, the more flexible the back, the less assist & leverage you'll need

4. Doorway Stretch to Exit Bedroom: 15-30 seconds

Place hands on either side of doorway, lower than shoulders, walk forward until you feel a stretch across chest wall, shoulders, look ahead



Vital Moves Weekly Challenge Blast #11

Room To Room In June



...to The Batcave!
(the room of your choice)

Tabata Training: Jacks for 20 seconds, rest for 10 seconds 8 rounds
Jumping Jacks or ½ Jacks

Doorway Stretch to Exit Batcave: 15-30 seconds

Hallway Work Repeat

...to the TV Room!

1. Sit to Stands from Chair: 10-20x

Hinge hips back, weight, heavy in heels as you 'take a set' & come up to standing

2. Roll your Feet (some things never go away)

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

3. **Roll your Chest Wall – Front Shoulders – roll down your arms to your forearms

DO NOT ROLL WRISTS

4. Come up to standing & walk around the room for no other reason than to 'Get Up & Move'! – for 3 -5 commercials

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