



#noexcuses

Vital Moves Weekly Challenge Blast #13 **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/xqlsQFK5kTw>

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 #13

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 Diagonal Pattern	1 lap

...to the Kitchen!!!



1. Turn on your favorite tune & dance like no one is watching
2. Walk around kitchen on your heels: 1-2 laps
toes up, look ahead
3. Push Ups Off Counter: 10-20 reps, 1-2 sets
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



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 – Opposite Arm 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 – find steadiness & then lift opposite arm - hesitate – lower & return to start position

...controlled smooth movement from a steady base

2. Side Lunge: 8-15x 1-2 sets do you feel more ease in this movement?

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 ...keep practicing!

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. To Exit Bedroom: Doorway Stretch followed by Mountain Climbers

Place hands on either side of doorway, lower than shoulders, walk forward until you feel a stretch across chest wall, shoulders, look ahead
15-30 seconds

Set hands on either side of doorway, feet behind hips (plank position) – abdominals engaged – top shoulders easy – look ahead
**...climb the mountain!
15-30 seconds**

Room To Room In June



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

Tabata Training: 20 seconds of work, 10 seconds of rest, 8 rounds

Tabata #1: Jumping Jacks or ½ Jacks

Tabata #2: High knees and/or heel digs

To Exit: Doorway Stretch & Mountain Climbers

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. Wall Sit: 1-2x, 10-20 seconds

Place back side on the wall - walk feet forward as you slide butt down to 'take a seat' - butt & shoulder blades on wall

drive through feet, thighs move towards wall- core & leg muscles strong- top shoulders easy-

the lower you sit, the harder the work

**Your Choice
Your Challenge**

3. Rolling: Use tennis/racquet ball, frozen bottle

Roll Chest Wall - Front Shoulders – Arms- Feet – Every Day

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

Room To Room In June



...find a quiet space to practice breathing exercises

When we become better breathers, we create a healthier alignment in the shoulder girdle, thoracic spine and neck, we move with greater ease, sleep better, feel better

3D Breathing: when you inhale & exhale, your ribcage should move three dimensionally

Standing: place a hand on your low belly & low back - when you inhale, your belly should expand- when you exhale, feel subtle changes (broadening) in the low back

Standing: Place a hand on either side of rib cage: when you inhale, your ribs expand towards side walls - when you exhale, ribs draw toward midline

Ideally, we exhale for longer than we inhale

Inhale 4 counts / Exhale 6 counts

Inhale 6 counts / Exhale 8 counts

Supported Happy Baby Position: Ideal alignment for breath work

**Lie on back, place feet on wall, knees bent at 90 degrees
Or put legs over couch**

**Place right hand on chest - left hand on belly – inhale
Left hand should rise – exhale, Right hand should rise**

**Place hands on side ribs - Inhale – rib cage expands
Exhale, ribs move towards midline**

...enjoy the process