

**MOVE TO LIVE, LIVE TO MOVE**

## **Vital Moves Weekly Challenge Blast #14** **Grab Bag Challenge**

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/g-fSRnB7JBE>

The video will be available for viewing all week.

**Weekly challenges are available at [www.vitalmoves.net](http://www.vitalmoves.net)**

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

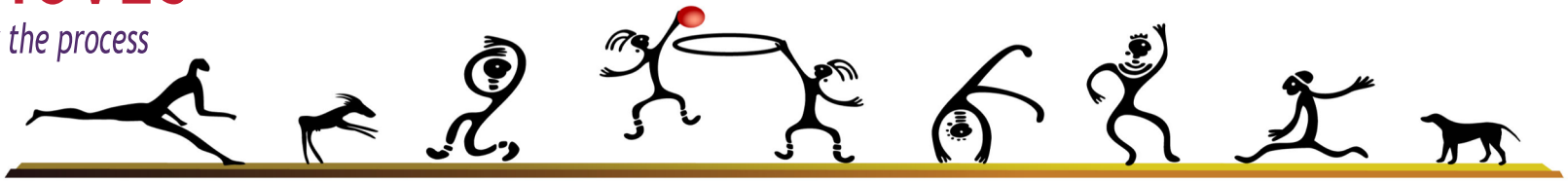
**A mix & match from previous challenges to revisit what you enjoyed and practice what challenged you**

**Cardio Grab Bag: 4 – 5x week with mindfulness, effort & intensity**

YourChoice  
Your Challenge

- 1. Play a song (or two!) & Dance like no one is watching (Challenge 10)**
- 2. Tabata Training (Challenge 10)**
- 3. Walking Intervals (Challenge 5)**
- 4. Do Something Different- swim if you always bike, walk if you always swim**
- 5. Take an online class with Vital Moves!**

**Conditioning begins at the edge of our comfort zone**



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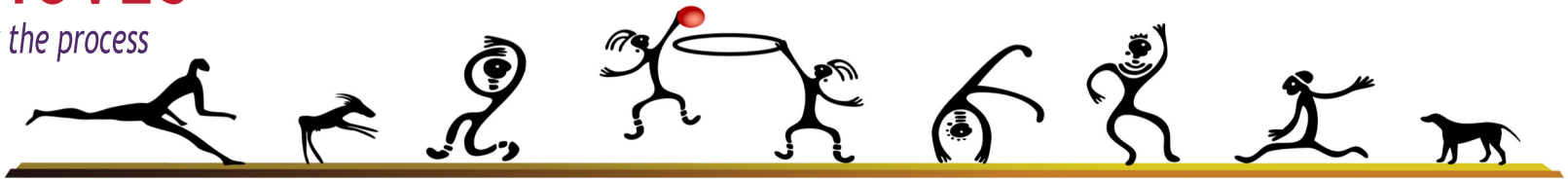
## **Strength Grab Bag: 3 – 5 exercises, 2-4x /week reps as indicated**

**Be mindful of Alignment – Control - Posture**

YourChoice  
Your Challenge

- 1. Push Ups (in almost every Challenge)** Corner  
Counter  
Floor **10– 15 reps**
- 2. Opposite Arm – Leg Lift (Challenge 9, 13)** **4 – 8 reps**
- 3. Mountain Climbers (Challenge 10)** **5 – 30 seconds**
- 4. Sit to Stands (in almost every Challenge)** **10 – 20 reps**
- 5. ‘Sit Backs’ at the Sink (Challenge 10)** **6– 10 reps**
- 6. Step Back Lunges (Challenge 3)** **6– 10 reps**
- 7. Bridge Pose (Challenge 3)** **4 – 8 reps**
- 8. Roll Ups (Challenge 10)** **4 – 8 reps**

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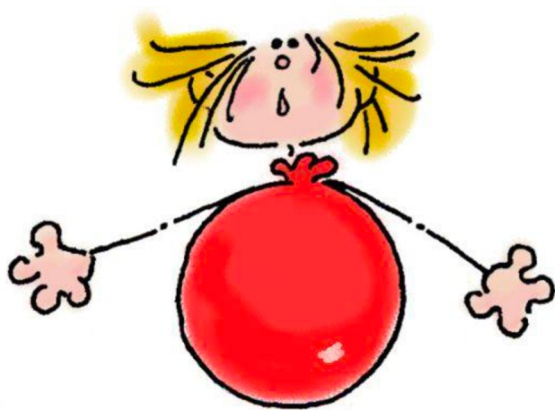
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## Everything else – Posture, breathing, stretching

Be mindful of posture and breathing , take your time,  
practice something every day!

YourChoice  
Your Challenge

1. **Breath Work (Challenge 13)**
2. **Posture Work (Challenge 5)**
3. **Hallway Work (Challenge 12)**
4. **Circuits (Challenge 7)**
5. **Roll Your Feet (Challenge 7)**



Breathe in



Breathe out

**Your Health Is An Investment, Not An Expense**