



Vital Moves Weekly Challenge Blast #15

#ICanTryInJuly



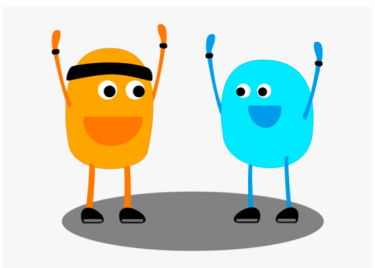
Fueled by Coffee and Fitness

Vital Moves is here to support, motivate and educate you as you continue to challenge yourself each week. **There is no video to accompany this week's challenge.**

Weekly challenges are available at www.vitalmoves.net

Your Challenge is a 'Pairs Challenge'

familiar exercises paired with a **New Move or 2** and you, **PAIRED** with a workout buddy!



This Week:

Walk a block or more

Kick it up a notch with walking intervals (Challenge 5)

YourChoice
Your Challenge

STRENGTH WORK: 1-2 sets, 3-4x per week, reps as indicated

SIT TO STANDS 10 -20x } (Challenge 4)

PUSH UPS 8 - 15X

ROPE CLIMB 20 - 60 seconds } (Challenge 3)

STEP BACK LUNGE 6 - 8X



#I Can Try In July



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familiar exercises paired with a New Move or 2 and you, **PAIRED** with a workout buddy!



NEW MOVE: BURPEES

Sofa

Counter

Floor

2 – 6x

YourChoice
Your Challenge

Stand in tall posture

Reach over your head

As you bring arms down, squat low and

Reach for counter /sofa/floor

Look ahead

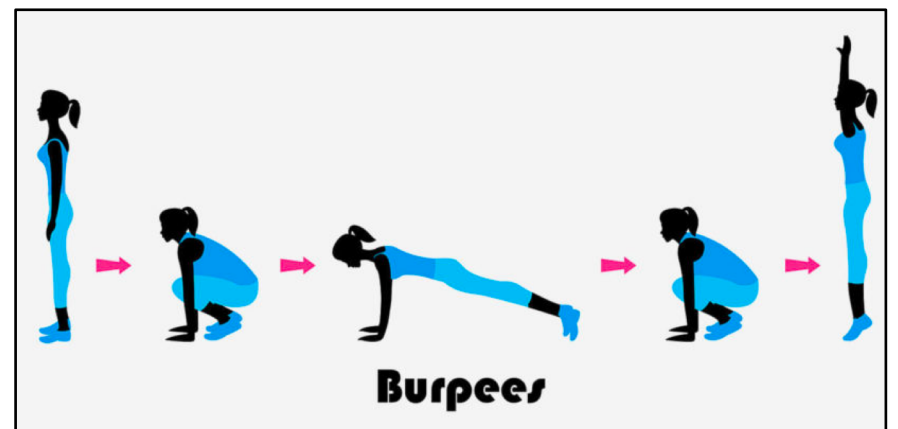
Hop/walk back

Hop/walk forward

Look ahead

Stand tall & reach over head

Repeat



S*T*R*E*T*C*H and BREATHE everyday!

POSTURE BLOCK (Challenge 5)

3D BREATHING (Challenge 3)

SUPPORTED HAPPY BABY (Challenge 13)

