

# Vital Moves Weekly Challenge Blast #16



## #ICanTryInJuly

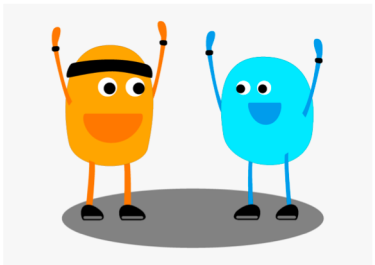


Vital Moves is here to support, motivate and educate you as you continue to challenge yourself each week. Questions, comments, challenge stories and/or pictures to share, email: [vitalmoves25@gmail.com](mailto:vitalmoves25@gmail.com)

**Weekly challenges are available at [www.vitalmoves.net](http://www.vitalmoves.net)  
Instructional videos will return in August**

## 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**

Your Choice  
Your Challenge

**Kick it up again with a New Move: it's a NEW INTERVAL**

**Walk a Block: add a Burpee (Challenge 15)**

**Reach towards sky - squat back and place hands on thighs -  
Single leg step back - step forward - Repeat on 2<sup>nd</sup> side  
Reach up - arms down – Burpee complete**

**Walk 1 block: do 1 Burpee - Walk 2<sup>nd</sup> block: do 2 Burpees**

**Walk 3<sup>rd</sup> block: do 3 Burpees - Block 4 is Turn Around**

**3 Blocks from home: 3 Burpees - 2 Blocks from home: 2 Burpees**

**1 Block from home: Continue walking tall & strong**

**Home: Happy Victory Dance...Burpees optional 😊**

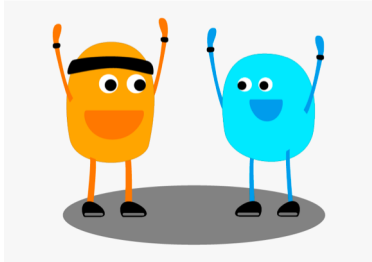
**How many blocks to walk?  
How many burpees to include?**

Your Choice  
Your Challenge

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### Your Challenge is a 'Pairs Challenge'

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



**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** }

### More Strength Work:

**Circuit #1** (Challenge 7)

**Weight Shift - Leg Lifts** } (Challenge 10)  
**Side Lunges** }

**Planks** (Challenge 4)

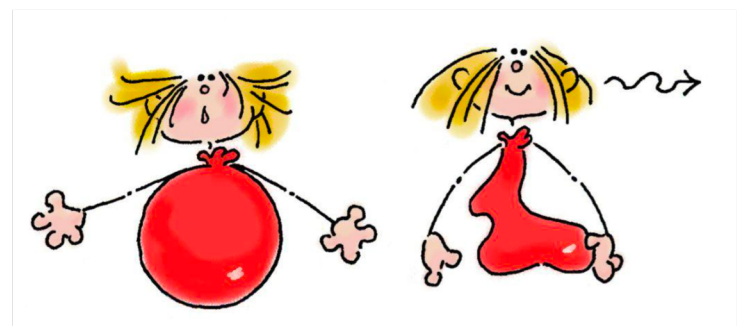
### S\*T\*R\*E\*T\*C\*H and BREATHE everyday!

**Posture Block** (Challenge 5)

**3D Breathing** (Challenge 3)

**Supported Happy Baby** (Challenge 13)

**Bridge Pose** (Challenge 3)



Breathe in

Breathe out