

Vital Moves Weekly Challenge Blast #17



#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

**Weekly challenges are available at www.vitalmoves.net
Instructional videos will return in August**

This Week:

New Move- Balance Challenge

- | | | |
|---------------|---|-------------------|
| Day 1: | Walk Grout Line | 1 lap |
| | Single Leg Balance | 10 seconds |
| Day 2: | Walk Grout Line | 2 laps |
| | Single Leg Balance | 20 seconds |
| Day 3: | Walk Grout Line | 3 laps |
| | Single Leg Balance | 30 seconds |
| Day 4: | Turn It Up! Hallway Work <small>(Challenge 10)</small> | |
| Day 5: | Walk Grout Line | 4 laps |
| | Single Leg Balance | 40 seconds |
| Day 6: | Walk Grout Line | 3 laps |
| | Single Leg Balance | 30 seconds |
| Day 7: | Walk Grout Line | 2 laps |
| | Single Leg Balance | 20 seconds |



CARDIO: Walk 2-4 blocks away from home

Turn Around Block: 2-4 Burpees

**Your Choice
Your Challenge**

Walk home in tall & strong posture, look ahead

Home: Victory Dance In Kitchen 1-2 songs

#I Can Try In July

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)

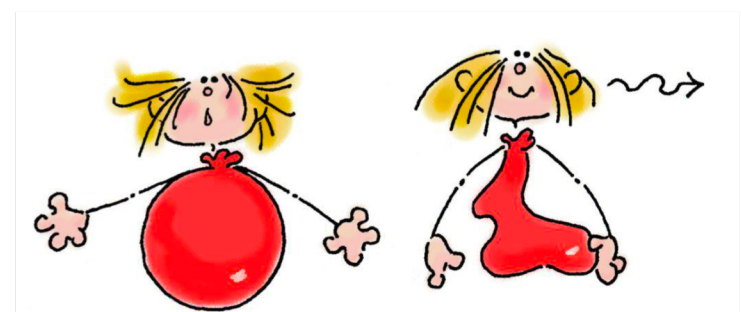
S*T*R*E*T*C*H and BREATHE everyday!

Posture Block (Challenge 5)

3D Breathing (Challenge 3)

Supported Happy Baby (Challenge 13)

Bridge Pose (Challenge 3)



Breathe in

Breathe out