

Vital Moves Weekly Challenge Blast #18



#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: Cardio Workout

Walking Intervals

Challenge 5

Challenge 16

Tabatas

Challenge 11

Dance

Like Your Mama Taught Ya

Mix & Match to give yourself a different cardio workout each day 15 - 30 total minutes, 5 - 6 days

Strength Work 4 – 6 Exercises 3x – 4x a week

Challenge 4

Challenge 7 Circuit 4



Challenge 6 Block 2

Challenge 13 Kitchen TV Room

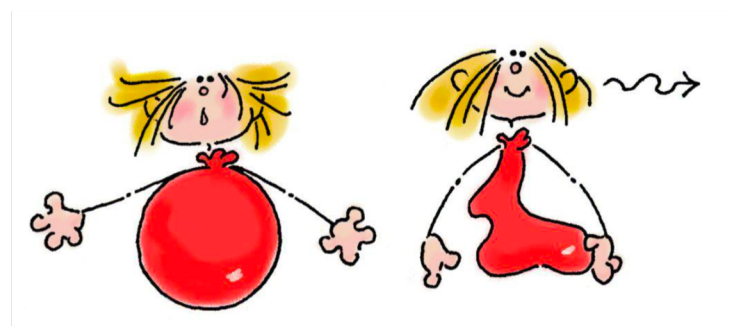
S*T*R*E*T*C*H and BREATHE everyday!

Posture Block (Challenge 5)

3D Breathing (Challenge 3)

Supported Happy Baby (Challenge 13)

Bridge Pose (Challenge 3)



Breathe in

Breathe out