

Vital Moves Weekly Challenge Blast #19



#StopBoringWorkouts

Vital Moves is here to support, motivate and educate you as you continue to challenge yourself each week.

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

This Week:

Your challenge is to visit the Vital Moves website and choose two Challenges to alternate this week.

www.vitalmoves.net

Re-visit a Challenge you enjoyed

AND

Re-visit a Challenge that was NOT a favorite



**Vital Moves will have a brand new
#StopBoringWorkouts Challenge
for you next week.**

**Please email Vital Moves your Challenge stories,
comments and questions. We love to hear from you!
vitalmoves25@gmail.com**

Stay Safe and Stay Strong!

