

Vital Moves Weekly Challenge Blast #20



#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

This week's Challenge video link: <https://youtu.be/RQKI-vYsNAI>

... **predictable workouts** that can be done on autopilot

DO NOT promote conditioning changes

... **conditioning changes** (stronger-quicker-leaner)

happen at the edge of our comfort zone

Your Challenge This Week is a Cardio Challenge
and there is nothing autopilot about it

1 – 3 Rounds

Your Choice
Your Challenge

Walk a block – once home start your round(s)

Each round starts with a set of push ups

Wall
Counter
Floor

Round 1 – 6 Reps of everything

Round 2- add 1-3 reps

Round 2- add 1-3 more

Your Choice
Your Challenge

Alternate

- Heel Digs
- Knee Lifts
- March & ¼ turn, both directions
- Box Steps: right lead/left lead
- Jumping Jacks
- Rope Pulls
- Squat Push
- Each round ends with heel walks for 30 seconds

Good Luck & Have Fun With It!