

# Vital Moves Weekly Challenge Blast #21



## #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](http://www.vitalmoves.net)**

**This week's Challenge video link: <https://youtu.be/rwrq5araDxU>**

**To Learn More Watch the Instructor Video or check out  
Vital Moves Online Strength Classes**

...**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**

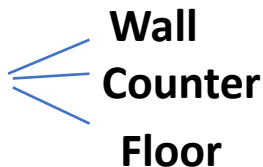
**Your Challenge This Week is a Strength Challenge**

**Be mindful of posture – alignment – control when strength training**


**Strength Train 3x-4x week \*\* 4-8 exercises\*\* 6 - 15 reps \*\* 1-2 Sets**

**Your Choice  
Your Challenge**

### Upper Body

**Push Ups**   
Wall  
Counter  
Floor

**Front Shoulder Raise**

**Arm Curls**   
Palms Forward  
Thumbs Forward

**Triceps Kicks**

Start at breastbone  
Kick towards side walls

### Lower Body

**Squats**

**Sit to Stands**


**Wall Sits**


**Step Back Lunges**

**Ball Squeezes**

### Core

**Standing Side  
Knee Lifts**

**Planks**   
Forearms  
Hands

**Roll Ups**   
Knees Bent  
Knees Straight

**Bridge Pose**