

# Vital Moves Weekly Challenge Blast #23



## #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)**

...**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 to**  
**MIX & MATCH**  
**the previous 3 challenges**

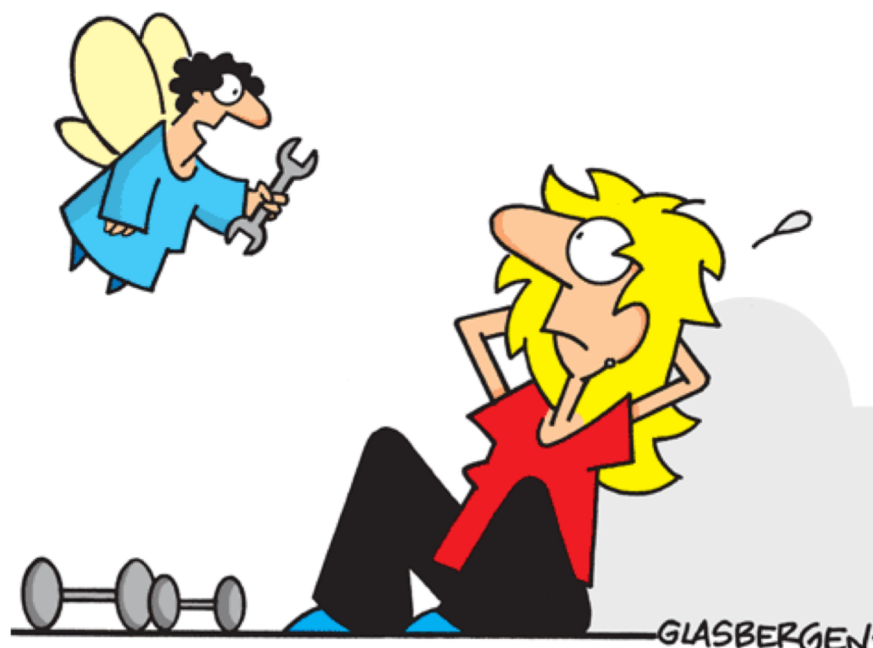
...**find your edge**

...**create a different workout experience each day**

...**follow my game plan**

...**make up your own**

Your Choice  
Your Challenge



**“I’m the Workout Fairy.  
I’m here to tighten your abs!”**

**Be your own Workout Fairy!**

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**...make up your own**

### **Day One – Three – Six**

**Cardio Session: longer duration (15-30 min)**

**Strength Work: 1 upper, 1 lower, 1 core**

**Stretch & Breathe!**

### **Day Two – Four – Seven**

**Cardio Session: longer duration (10-20 min)**

**Strength Work: 2 - 3 upper, lower, core**

**Stretch & Breathe!**

### **Day Five**

**Make it your own**

**Stretch & Breathe!**



**...enjoy the process**