

## Vital Moves Weekly Challenge Blast #24



### Your Challenge This Week is **A SPELLING "B" CHALLENGE**

Your challenge is spelled out for you when you answer the questions for the week.

...how many questions you answer each day

...how fully you answer them is up to you

**Your Choice...Your Challenge**



Your name?  
Street you live on?  
Street you grew up on?  
Title of the last movie you saw?  
Favorite ice cream?



- |   |  |   |  |
|---|--|---|--|
| A | 10 Sit / St <b>A</b> nds   | N | Sit Backs at the Si <b>N</b> k / Challenge #11 |
| B | 5 Full <b>B</b> reaths   | O | <b>R</b> ound 1 of Challenge #20               |
| C | <b>C</b> ircuit #2 / <b>C</b> hallenge #8  | P | Bridge <b>P</b> ose 3 -5x                      |
| D | <b>D</b> ance for a Full Song  | Q | Ball <b>S</b> queezes 40 Seconds               |
| E | Your Choice... <b>e</b> njoy the process   | R | <b>R</b> ope Pulls 40 Seconds                  |
| F | <b>F</b> ast <b>F</b> eet for 40 Seconds   | S | 10 <b>S</b> quats                              |
| G | Walk <b>G</b> ROUT Line 2x   | T | Ca <b>T</b> Cow (Stand or Kneel) 3x            |
| H | 10 Pus <b>H</b> Ups  | U | Post <b>U</b> re Block / Challenge #6          |
| I | 3 Planks 20 sec ea  | V | Walking Inter <b>V</b> al / Challenge #5       |
| J | 5 <b>J</b> umping <b>J</b> acks  | W | <b>W</b> alk a Block                           |
| K | Alternating <b>K</b> nee Lifts 40 Seconds  | X | <b>X</b> Heel Slaps                            |
| L | 5 Step Back <b>L</b> unges   | Y | 3 -5 Burpees (wh <b>Y</b> burpees!?)           |
| M | March on Heels 40 Seconds  | Z | Leg <b>Z</b> Up the Wall                       |

**...enjoy the process**

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Weekly challenges are available at [www.vitalmoves.net](http://www.vitalmoves.net)

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



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**Your Choice...Your Challenge**

Your name?

Street you live on?

Street you grew up on?

Title of the last move you saw?

Favorite ice cream?

A	10 Sit / St <b>A</b> nds	N	Sit Backs at the Si <b>N</b> k / Challenge #11
B	5 Full <b>B</b> reaths	O	<b>R</b> ound 1 of Challenge #20
C	<b>C</b> ircuit #2 / <b>C</b> hallenge #8	P	Bridge <b>P</b> ose 3 -5x
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E	Your Choice... <b>e</b> njoy the process	R	<b>R</b> ope Pulls 40 Seconds
F	<b>F</b> ast <b>F</b> eet  conds	S	10 <b>S</b> quats
G	Walk <b>G</b> ROUT Line 2x	T	Ca <b>T</b> Cow (Stand or Kneel) 3x
H	10 Pus <b>H</b> Ups	U	Post <b>U</b> re Block / Challenge #6
I	3 Planks	V	Walking Inter <b>V</b> al / Challenge #5
J	5 <b>J</b> umping <b>J</b> acks	W	<b>W</b> alk a Block
K	Alternating <b>K</b> nee Lifts 40 Seconds	X	<b>X</b> Heel Slaps
L	5 Step Back <b>L</b> unges	Y	3 -5 Burpees ( <b>Y</b> burpees?!)
M	March on Heels 40 Seconds	Z	Leg <b>Z</b> Up the Wall



**MOVE TO LIVE, LIVE TO MOVE**