

## Vital Moves Weekly Challenge Blast #25



### 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?  
First car you owned?  
Your dream car:  
Your favorite car?  
Last book you read?



- |   |  |   |  |
|---|--|---|--|
| 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**