



**No matter how slow you go,
You are still lapping everybody on the couch**

Vital Moves Weekly Challenge Blast #7 **...it's time to kick it up a notch!**

Vital Moves is here to support, motivate and educate you as you continue to challenge yourself each week. We have put together an instructional video to accompany this week's challenge. If you would like to see the instructional video, please follow this link:

<https://youtu.be/b8mu8jhhUnA>

The video will be available for viewing all week.

This week

Challenge Yourself in Your Cardio Conditioning

- **Keep the total duration of your cardio exercise at 15-30 minutes**
- **Practice the same walking intervals you worked on last week, only this week: be **stronger** at them. Be **sharper** in your movement * **taller** in your posture * be **determined** * **focus** on the **quality** of your movement.**

This week challenge yourself with Circuit Training

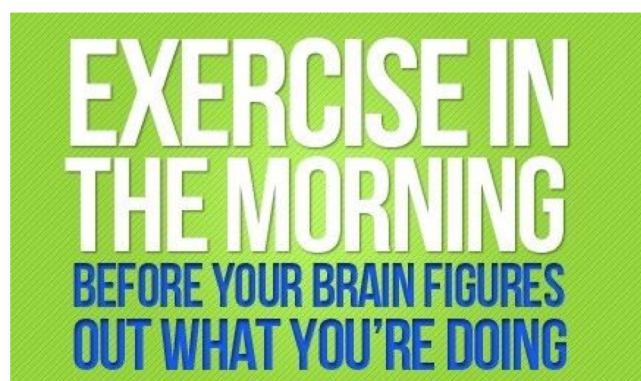
The strength, flexibility & posture exercises you've been practicing since the 1st of April are organized in circuits for your exercising pleasure 😊

Goal: work all four circuits 2x this week

Bring **Effort * **Focus** * **Intensity** to your **Circuit Training****

How you combine the circuits, how many or few is up to you

Your Choice - Your Challenge



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Circuit #1: Practice in good alignment & to the point of exertion

Corner Push Ups
10-20x

Hip Extensions
10-20x

Hip Hinge Squats
10-20x

Circuit #2: Be mindful of your breathing: Full & steady 3D breath, expand ribs w/inhalation, slow & steady exhalation

Wall Glides
8-12x

Lat Stretch @ Wall
8-12x

Standing Forward @ Wall
2-3x

Circuit #3: This will take you back to Challenges 1 & 3

Walk Your Grout Lines
1-2 laps

Side Steps Down Hallway
2-4 laps

Step Back Lunges
4-8 alternate

Circuit #4: Focus is on steadiness & lengthening the spine

Cat Cow
2-3x
20-30 sec

Stand or kneel

**Opposite
Arm Leg Lift**
4-6x

Wall or chair

Child's Pose
2-3x
20-30 sec

On back or belly

Bridge Pose
4-8x

