



"I'm the Workout Fairy.
I'm here to tighten your abs!"

Vital Moves Weekly Challenge Blast #8 **...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/Z_NuTKDAeds

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

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

**Opposite
Hand/elbow to knee**
Alternating 6-12x

Back-hip-knee issues:
tap with your hand, stay
forward facing

Week #8 Challenge

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

Diagonal Pattern
6-12 steps

Push off to take diagonal step & catch yourself
The longer the stride, the greater the demand

Week #8 Challenge

Hallway or sidewalk

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

Step Back Lunge
4-6x same side

Step back lunge, return to standing...or toe tap...or knee lift
Your Choice...Your Challenge

Maintain steadiness & tall posture

Week #8 Challenge

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

Single Knee to Chest
2-3x

Hold for 2-3 full deep breaths

Week #8 Challenge

Lie on back