



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

Vital Moves Weekly Challenge Blast #9

This is the final week of Vital Moves

'Kick It Up A Notch' Challenge

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/IV2RKJ3Enr8>

The video will be available for viewing all week.

Your Task This Week

Challenge yourself in the way you combine the cardio blocks, walking intervals & circuits

For example below: one session, focus on cardio, another session on posture & balance, or mix it up with a little bit of everything

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	30 min	20 min	No Walk				
Walk Interval	Heel Slaps x1 drvwy Fast Feet x2 drvwy	All Intervals x 1 drvwy					
Circuits	#1 x2 #4	#2 x2 #4	All Circuits x1				

Example

Email Vital Moves at www.vitalmoves25@gmail.com about your successful challenge. We will enter your name in a raffle for some fabulous prizes!!

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Circuit #5: Practice in good alignment

**Opposite
Hand/elbow to knee**
Alternating **8-20x**

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

Diagonal Pattern
12-20 steps

Imagine you are walking through waist deep water as you
travel up and back down your hallway or driveway

Hallway or sidewalk

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

Butt Kickers
**Length of
Hallway/Sidewalk**

Give yourself a 'kick in the butt' as you travel the length of your
hallway or driveway

If you feel tightness in low back,
DO NOT lift so high

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio							
Walk Interval							
Circuits							

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

Lie on back

Week #8 Challenge

Vital Moves Weekly Challenge Blast #9



This is Why We Cross-Train!



Cardio Conditioning

To strengthen , lungs, blood vessels

↓ risk of  disease, stroke, diabetes, Alzheimer's

Strength Training

↓ BP, cholesterol & visceral fat

Keeps us functionally strong & injury free

Posture Exercises

For a happier neck & back

Move easier, feel better!

May is National
Posture Month!

Cardio Conditioning

How? **Walking Intervals**

Warm Up: Walk a block at a moderate pace

Work Phase: Walking Intervals

Total Duration: 15-30 minutes

Your Choice
Your Challenge

Organize your walk like this: maintain your moderate pace for 2-3 minutes and then it's time to ...kick it up a notch!

How? Increase your pace for 3 driveways or...

Walk & rope climb for 2 driveways or...

Your Choice
Your Challenge

High knee lifts from one driveway to the next

Recover from your work phase walking at a steady tempo and focus on your breath.

...as your cardio conditioning improves, notice that you can work harder at your intervals and your recovery is quicker