



Challenge Blast Week #3

**...if it doesn't challenge you
...it doesn't change you**

Week three challenge involves interval training and mindful movement

Your challenge is to work a cardio interval followed by a strength training interval. This is one cycle.

CARDIO INTERVAL- Walk one to two blocks at a challenging pace.

- While you are walking, you are mindful of your posture...Tall – Strong – Active
- Head is up (gaze down as needed), shoulders stack over ribs, abdominals engaged (front ribs are pulled back).
- Imagine 'pockets at the base of your shoulder blades', slide your shoulder blades into those pockets, maintain steady strong pace – best as you can!

STRENGTH INTERVAL

- 20 Sit To Stands
- 20 Rope Climbs – reach overhead, hand over hand, as if climbing a rope. Stand with feet close together (the closer the feet, the more demand). Imagine squeezing a tennis ball between upper thighs as you climb the rope. Look ahead, not down.
- Side Steps- 10 steps in each direction, 2x through, look ahead, not down!

Start with one cycle...what challenges you today?

After you complete your interval training workout, turn your attention to your breath.

- **3D Breathing** – upon inhalation, expand your ribs, move your shoulder blades, broaden collar bones as you inhale, draw breath low into the diaphragm on exhalation. Practice 5 slow breaths.



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Flexibility Work- Practice Daily

STEP BACK LUNGE – 2X-3X, 20 SECONDS

- To stretch front hip and calf muscles



- **Bridge Pose- 3X-6X**

- To stretch front hips and front thighs and strengthen muscles in butt



- **Figure 4 Stretch – 3X-6X, 20 sec each**

- To open side hip, bursitis area



- **Roll Your Feet!**

- If you have nerve issues in your feet, do NOT do this!
- Stretch and lengthen your toes

Questions or comments, email Janis Bottai at vitalmoves25@gmail.com

...enjoy the process