



## Challenge Blast Week #4

...you gotta move!

Week four challenge starts with a recap of Challenge Weeks 1-3

### Challenge 1

Sit to stands 20x  
Push Ups 12x

### Challenge 2

Sit to stands 20x-30x  
Planks- 3-6x, 20-40 sec  
(forearms or hands)

### Challenge 3

Sit to stands 20x  
Rope climbs 20x

## STRENGTH EXERCISES

## MOVEMENT PATTERNS

Walk sideways down  
hall 2-4x  
Walk grout lines 1-3x

High knee lifts 10-20x  
Butt kickers 10-20x

Walk 1-2 blocks in tall  
strong active posture at  
an 'edgy' pace

## FLEXIBILITY

3D Breathing  
Heel lifts 15x  
Heel Walking 10-45 sec  
Roll your feet \*  
*\*do NOT if you have  
nerve issues (neuromas,  
heel spurs)*

3D Breathing  
Shoulder rolls 10x  
Gentle twists 6-8x  
*(alternate sides)*  
Roll your feet\*

3D Breathing  
Step back lungs 2-3, 20 sec  
Bridge pose 3-6x  
Figure 4 Stretch 3-6x, 20 sec  
Roll your feet\*

## **Challenge Blast Week #4** **A Six-Day Cross Training Experience**

### **Day 1 & Day 4**

Complete  
Challenge #1 and  
two segments from  
Challenge #2

### **Day 2 & Day 5**

Complete  
Challenge #2 and  
two segments from  
Challenge #3

### **Day 3 & Day 6**

Complete  
Challenge #3 and  
two segments  
from Challenge #1

**Conditioning begins at the edge of *your* comfort zone.  
Test yourself this week, find an edge...whatever that means  
to each of you.**

**I have new challenges planned for you in May!**

**Hint: it's posture month**

**Your participation and energy are required!**

**...enjoy the process**

**Questions \*\* Comments \*\* Feedback**

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**MOVE TO LIVE, LIVE TO MOVE**