



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

Vital Moves Weekly Challenge Blast #5 ...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 email: vitalmoves25@gmail.com and we will send you the link.

The video will be available from 9am-12pm, Monday 27 April

This week's challenge consists of 3 Blocks

Block One: Cardio Conditioning

Why? to strengthen ♥, lungs, blood vessels

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

Block Two: Strength Training

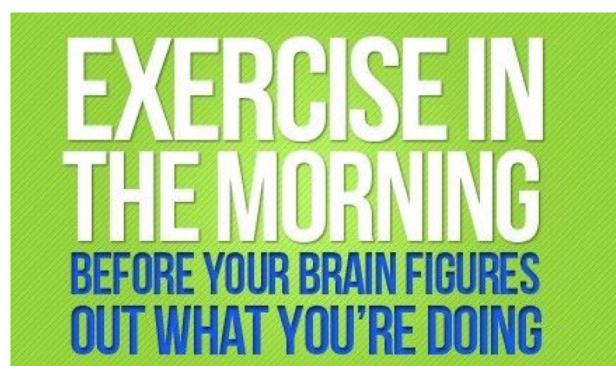
Why? ↓ BP, cholesterol & visceral fat

keeps us functionally strong & injury free

Block Three: Posture Exercises

**Why? for a happier neck & back
move easier, feel better!**

**May is National
Posture Month!**





Block One: **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

Block Two: **Strength Training**

Exercises should be done in good alignment, with control & to the point of exertion.
Find **your** edge!

- 1. Corner Push Up:** standing - place a hand on either side of corner- set feet slightly back - look ahead as you bend your elbows – slowly lower chest towards corner – exhale as you press away – straighten arms & return to start position.
8-15 reps * 1-2 sets * 4-5x /week
- 2. Hip Extensions:** standing – hands on wall to assist balance as needed – raise one leg up and lift it out laterally away from the body – pause – return to start position. Note: do not 'tip forward' as your leg moves back, look ahead, not down.
8-15 reps * 1-2 sets * 4-5x /week
- 3. Opposite Arm Leg Lifts:** from hands & knees or prone (belly down) – kneel with hands under shoulders – knees under hips – lift opposite arm & leg up – abdominals engaged – no leaning – work to maintain the lift for 3-5 seconds – slowly lower – alternate sides. Note: look slightly ahead – keep top shoulders easy. 4-6 reps * 1-2 sets * 4-5x/week
- 4. Opposite Arm Leg Lifts Alternate:** lie on belly – legs straight – arms stretched over head – engage abdominals & glutes (butt muscles) – lift opposite arm & leg for 3-5 seconds – slowly lower – alternate sides. Note: forehead rested on floor or pillow, gaze is directly down. 4-6 reps * 1-2 sets * 4-5x/week



Block Three: Posture

It takes consistent mindfulness to correct postural imbalance.

Be mindful! Work to keep your shoulder girdle, ribs and hips 'stacked' in a column.

Feel the weight of your upper body 'lifted' off your hips.

Side ribs are open * Spine Lengthened * Abdominals engaged * Look ahead

1. **Wall Glides:** back to the wall – start with forearms touching the wall – shoulder width apart – elbows bent at 90 degrees – wrist & elbow aligned (goalpost arms) – keeping forearms touching the wall, slide arms up like the letter 'Y' – do not allow your hips to tip forward – exhale as arms glide up – look ahead – top shoulders down & easy – inhale upon return
8-10x slowly
2. **Lat Stretch:** stand with butt touching wall – feet hip width apart & 6"-8" forward of wall – hands by ears – elbows on the wall – exhale as you side bend lowering right elbow, allowing left elbow to slide up the wall – abdominal muscles engaged – hesitate – exhale as you return to start position- alternate sides. Note: Be mindful! Hips stay under your ribs as you bring your elbows low and high. **8-10x slowly**
3. **Roll your feet:** Some things just never go away 😊 **Daily**

