



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

Vital Moves Weekly Challenge Blast #6 ...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/BrenSAO1FrM>

The video will be available for viewing all week.

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!**

**EXERCISE IN
THE MORNING
BEFORE YOUR BRAIN FIGURES
OUT WHAT YOU'RE DOING**

Vital Moves Weekly Challenge Blast #6



Block One: **Cardio Conditioning**

How? **Walking Intervals**

Warm Up: Walk a block at a moderate pace

Work Phase: Walking Intervals

Your Choice
Your Challenge

Total Duration: 15-30 minutes

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? Add your intervals, are you ready for more?

Increase pace for 3-4 driveways

Walk and rope climb 2-3 driveways

High knee lifts from one driveway to the next

Heel slaps from one driveway to the next

Your Choice
Your Challenge

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. Hip-Hinge Squats:** to wall **or** to chair. Stand with back towards wall or chair- feet hip width apart- take hips back towards wall & down- feel weight in heels- look ahead- exhale & press down through feet to stand. **10-20x * 1-2 sets**
- 2. Step Back Lunges:** same side **or** alternate sides. Stand in tall posture – step back into a lunge position with left foot – hesitate & find steadiness – look ahead – press down through right foot to return to start position. NOTE: you step away from your support foot – it is your 'Tripod Anchor' – weight is on mounds of big toes, little toes & rims of the heels. Goal is smooth, fluid, steady movement. **4-6x * 1-3 sets**
- 3. Opposite Arm Leg Lifts:** wall **or** chair. Stand at an arm's length from wall or chair – right foot forward of left foot – hinge at hips – place hands on wall or chair – slight bend in right knee – feel weight on Tripod Anchors of right foot- exhale & lift left leg up – look ahead, as you feel steady, outstretch right arm – hesitate – lower arm – lower foot – stand tall - repeat. **4-6x * 1-2 sets**



Block Three: Posture

1. **Standing Forward Fold at Wall:** stand with your butt on the wall, feet 8"-10" forward of the wall – exhale as you hinge at hips, butt slides up the wall as your upper body lowers – keep back ‘flat like a table’ – when your butt no longer slides up the wall- hesitate & breathe – soften knees – roll up to start position. **4-6x slowly**
2. **Cat Cow:** stand **or** kneel. Stand with feet hip width apart, hinge hips, set hands on top thighs- look slightly ahead – inhale as you draw abdominal muscles in & round mid back up towards ceiling – exhale as you ‘lift’ your heart & tailbone – softness in front body & top shoulders – steady breath with movement. **(Can be done from hands & knees) 4-6x slowly**
3. **Child’s Pose:** on back **or** belly down.
On back: lie on back - bring knees to chest – exhale, give knees a hug & rock side to side – keep shoulders easy – full steady breath.
Belly down: kneel with knees wide & feet together – bring chest down in between knees – forehead rests on hands or mat – exhale as you bring hips down towards heels – arms stretch overhead or down beside feet – full steady breath. **30-90 seconds**
4. **Roll your feet: Always!**

