





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

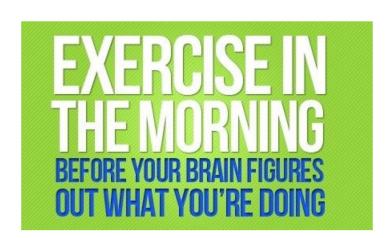
Block Two: Strength Training

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!



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

Your Choice Your Challenge

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

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 <u>your</u> 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

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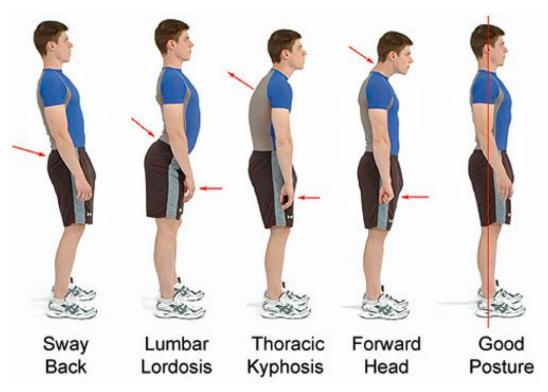
Vital Moves Weekly Challenge Blast #5





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!



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