



MoveWell

Workout of the Month: April 2018

Objective: This month’s workout features a series of movements that can be performed using a mat, a towel, a stopwatch or timer and your body. Each movement has a “Make It Easier” and a “Make It Harder” option, so you can customize the workout to your fitness level. When performed completely, this workout offers a balanced dose of training for cardiorespiratory fitness, muscle endurance, balance and core stability.

Instructions: Begin with a **4-5 minute total body warm-up.**

Then, perform the exercises in order, **in intervals of 40 seconds work to 20 seconds rest.** If you are new to exercise, repeat the sequence two times total, taking 1-2

minutes of rest between the first round and the second. If you’re feeling up to it, repeat the sequence a third time.

Finish with about **5 minutes of wrap-up** and stretches. Total time: **30-45 minutes**

Reminder: All adults should aim for a minimum of 150 minutes of exercise per week, an average of 30 minutes/day, 5 days/week. We recommend performing this workout routine 2-3 days a week (on non-consecutive days) and choosing other activities like jogging, biking, swimming, yoga or group fitness classes on other days of the week.

| Movement | Make It Harder | Make It Easier |
|---------------------------------------|------------------------------|---------------------------|
| Heel-tap jump rope | High-knee jump rope | Heel-tap march |
| Lateral lunge + curtsy lunge (right) | Add a knee lift | Lateral lunge only |
| Lateral lunge + curtsy lunge (left) | Add a knee lift | Lateral lunge only |
| Jump jacks + prisoner squats | Jump jacks + jump squats | ½ Jacks + prisoner squats |
| Kneeling lift-off push-ups | Lift-off push-ups | Kneeling plank |
| Kneeling side-plank leg lifts (right) | Side-plank | Kneeling side plank |
| Kneeling side-plank leg lifts (left) | Side-plank | Kneeling side plank |
| Back extension + back fly | Extend arms | Keep fingertips on floor |
| Cross-body toe reach | Keep legs straight | Keep feet planted |
| Lateral hop + heel raise | Lateral hop + single-leg hop | lateral step + heel raise |

Descriptions for each movement are included on the back of this sheet. To see video demos of each movement in this workout, along with the “Make It Harder” and “Make It Easier” modifications, visit ghs.org/movewell.

Movement Descriptions

Heel-tap jump rope

Hop lightly from one foot to the other, tapping one heel at a time on the floor in front of you. Keep your arms close to your body with your elbows bent and make small, fast circles with your wrists as if twirling a jump rope.

Lateral lunge + curtsy lunge

Stand with feet together. Move one leg to the side until stance is wider than hip width, then bend that knee to 90 degrees while keeping the standing leg straight. Return to standing, then move the same leg behind the body and across the midline, bending both knees to 90 degrees. Return to standing. Repeat both movements.

Jump jacks + prisoner squats

For the jump jack, hop feet wider than hip width while simultaneously extending both arms overhead. Hop back to the start position and repeat. Perform four jump jacks at a time. For the prisoner squat, place hands behind head with elbows bent and pointed away from the midline. Step to the side with one foot and bend both knees, lowering hips into a squat. Return to start position with feet and repeat on the other side, keeping hands behind the head throughout the movement. Perform four prisoner squats. Continue alternating four jump jacks with four prisoner squats.

Kneeling lift-off push-ups

Begin in kneeling plank position. Bend the elbows and lower all the way down onto the mat. Lift the hands away from the mat, then put them back down and push up to return to kneeling plank. Repeat. Be sure to move shoulders, chest, trunk and hips in unison.

Kneeling side-plank leg lifts

Begin in a kneeling side (elbow) plank with shoulders aligned and hips aligned. Elevate the top leg. Lower the leg and tap the toe in front of the body, lift it again and tap the toe behind the body. Repeat. Keep hips and shoulders in line throughout the movement.

Back extension + back fly

Lie face down with legs slightly separated. Bend the elbows and place hands beside ears. Keeping gaze downward, squeeze the low- and mid-back muscles to elevate the upper body slightly. Pinch the shoulder blades, drawing elbows toward one another. Release the shoulder blades and return to the start position. Repeat.

Cross-body toe reach

Lie face up. Bend knees and place feet on the floor, and gently place hands behind the head for neck support. Use abdominal muscles to elevate the upper body slightly, then extend the right arm and the left leg, reaching fingertips toward toes. Release, then repeat in the other direction. Continue alternating sides.

Lateral hop + heel raise

Start standing. Hop or step to one side, leaving the trailing leg lifted. Lift the heel of the standing leg, set it back down, then repeat in the opposite direction.