



MoveWell

# Workout of the Month: August 2018

**Objective:** This month’s workout is a REMIX! We’ve taken movements from previous MoveWell workouts and mashed them up to create a brand new workout. As always, each movement comes with a “Make It Harder” and a “Make It Easier” variation. Listen closely to form and technique cues along the way, as these will help you determine whether you’re performing the exercises correctly and whether it’s a good idea to dial the intensity up or back.

**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
Jump jacks + overhead towel press	Star jump + overhead towel press	½ jack + overhead towel press
Alternating front kick	Kick higher, reach overhead	Low kicks
Lateral hop + heel raise	Lateral hop + single-leg hop	Lateral step + heel raise
Down dog + plank push-up	Add a cross-body reach	Do the plank in kneeling
Bridge + reverse crunch	Single-leg bridge + reverse crunch	Isometric bridge
V-sit with towel twist	Add alternating leg lifts	Isometric V-sit
Kneeling push-up + knee walk	Full push-up + knee walk	Knee walk only
Double-pump body squat	Add a jump	Body squat
Single-leg hip hinge (right)	Add a knee-lift	Split-stance hip hinge
Single-leg hip hinge (left)	Add a knee-lift	Split-stance hip hinge

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](http://ghs.org/movewell).

## Movement Descriptions

### Jump jacks + overhead towel press

Create tension in the towel (if you're using one) and hold it at chest level. Raise arms overhead (shoulder width) when feet jump wide, then return arms to chest level when feet jump narrow.

### Alternating front kick

Assume an athletic stance with fists just below chin. Alternate front kicks with a flexed foot, leading with the heel.

### 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.

### Down dog + plank push-up

Start in plank position. Keeping arms and legs straight or slightly bent, shift into downward dog by pressing hips toward the ceiling using your arms and shoulders. Hold for 2 seconds, then return to plank and hold for 2 seconds.

### Bridge + reverse crunch

Lie face-up with knees bent and feet on the floor, arms at your sides, but bent at the elbows with fists in the air. Press through the heels to lift hips and low back off floor to a bridge position. Return to start position and use abdominal muscles to tilt pelvis and lift hips and legs toward shoulders. Return to start position.

### V-sit with towel twist

Sit on floor with knees bent and legs close together, heels on floor. Extend arms in front of chest, holding the towel with hands shoulder width apart. Lean back slightly and rotate the trunk toward the right. Return to center, then rotate left and return to center. Continue alternating sides.

### Kneeling push-up + knee walk

Start in kneeling plank. Do one kneeling push-up, then elevate one knee at a time until you are in full hand plank. Lower one knee at a time back to the mat, returning to kneeling plank. Repeat the movement.

### Double-pump body squat

Stand with feet hip width apart or slightly wider. Bend at the knees and lower the hips as if you're sitting in a low chair. Come halfway back up, then lower all the way back down. Come all the way up to the start position. Repeat.

### Single-leg hip hinge

Place hands on hips and balance on one leg. Bend forward at the hips while lifting the airborne leg behind the body. Keep shoulders and hips square. Keep a straight line from the back of your head to your heel. Return slowly to start position and repeat.