



MoveWell

## Workout of the Month: February 2018

**Objective:** This month’s workout features a series of movements that can be performed using a mat, a chair, 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
Pendulum lunge (right)	Knee raise between movements	Forward lunge
Pendulum lunge (left)	Knee raise between movements	Forward lunge
Down dog + plank push-up	Add alternating cross-body reach	Start from kneeling plank
Squat + heel raise	Add a jump	Use a chair or bench for added support
Triceps dips	Add an alternating leg extension	Smaller dips
1/2 Dead bug	Full dead bug	Bend knees
Bridge + reverse crunch	Single-leg bridge + reverse crunch	Omit reverse crunch or do it separately
Oblique back extension	Add a rear reach	Lift straight up and down
10-by-10 jogger	Make movement bigger/faster	Keep one foot on the ground at all times

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

**Pendulum lunge:** Stand with feet hip width apart. Hold the towel in front of you at shoulder level, arms extended. Step forward into a lunge, bending both knees to 90 degrees. Return to standing, then step backward with the same leg into a reverse lunge. Return to standing.

**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.

**Squat + heel raise:** Stand with feet hip width apart, elbows bent at 90 degrees and fists in front of your shoulders. Bend knees and sit hips back until upper legs are parallel with the ground. Touch elbows to thighs. As you return to standing, sweep both arms overhead and lift both heels off the ground.

**Triceps dips:** Sit on a sturdy bench or chair with your feet anchored to the floor. Place hands on the chair and slide hips off chair so that you're supporting your weight with your upper body. Bend elbows (no more than 90 degrees) and lower your hips toward the floor, keeping chest lifted and shoulders back. Press back up, but don't return to sitting on the chair until the interval is complete.

**1/2 Dead bug:** Lie face up with arms and legs straight up in the air. Hold a towel in your hands and maintain tension in the towel. Extend left leg away from trunk as low as you can without arching your back. Return to start position and repeat movement with other leg.

**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/low back off the floor. Return to start position.

**Oblique back extension:** Lie face down with feet slightly wider than hips, arms bent and hands resting on the floor just below your shoulders. Slightly elevate upper body and rotate toward the right, lifting the right hand/arm off the floor and glancing underneath it. Return to start position and repeat in the other direction.

**10-by-10 jogger:** Alternate 10 high-knee jogs with 10 tail-kicker jogs.