



MoveWell

Workout of the Month: July 2018

Objective: This workout features several total body cardio movements designed to elevate the heart rate and burn calories, along with several core-focused movements. 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
Tapbacks	Add a hop	Punch arms at chest level
Prisoner squat with rotation	Add a balancing knee lift	Omit the rotation
Figure-8 knee raise	Figure 8 kick	Figure 8 march
Squat + reverse lunge	Jump the squat	Reverse lunge only
Butt kick repeater	Add a hop	Alternating butt kicks
Stable skater	Speed skater	Stand upright
Lateral plank walk	Add kneeling push-up	Isometric hand plank
Cross-body back extension	Add a side reach	Bird dog
Isometric kickout crunches	Add opposite arm extension	Bent-knee
V-sit roll back	Oblique roll back	V-sit hold

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

Tapbacks

Alternate toe taps behind you while punching both arms overhead. Lean slightly forward and bend knees slightly to protect the back and joints.

Prisoner squat w/rotation

Stand with feet hip width apart and place hands behind head. Step out to the right and lower down into a squat; return to the start position, and rotate the upper body only to the right. Repeat to the left, and continue alternating directions.

Figure-8 knee raise

Clasp hands together in front of the body and begin making figure-8 motion with the arms, as if drawing an "8" with your clasped hands. Add an alternating knee raise, bringing the hands downward in the direction of the lifted knee.

Squat + reverse lunge

Stand with feet hip width or slightly wider. Bend the knees and perform one squat, stand up, step the right foot back and perform one lunge. Return to the start position and repeat the whole sequence on the left side. Continue alternating one squat with one reverse lunge, alternating the lunging leg each time.

Butt kick repeater

Stand with feet wider than hips and bend knees slightly. Kick the right heel toward the right buttock four times, then switch to the left leg for four repetitions. Continue alternating four butt kicks on each side. Add upper body movement by swinging arms at your sides.

Stable skater

Stand with feet wider than hips. Bend knees and lean forward slightly. Begin shifting weight and swinging the arms as if skating or rollerblading, but keep feet in contact with the ground.

Lateral plank walk

Start in push-up position. Take two steps laterally by moving hands and feet to the right, then take two steps laterally to the left. Continue alternating directions.

Cross-body back extension: Lie face down with arms extended overhead and legs hip width or slightly wider. Elevate the right arm and left leg simultaneously and hold for 1-3 seconds. Release and repeat with the left arm and right leg. Continue alternating opposite arm/opposite leg lifts. Keep gaze downward toward the floor to prevent undue stress on the neck.

Isometric kickout crunches

Lie on your back with knees bent and feet on the floor. Place fingertips behind ears and elevate head/neck/shoulders slightly in an isometric crunch. Alternate extending one leg and then the other, keeping heels close to the ground.

V-sit roll back: Sit with knees bent and heels on the floor. Extend arms in front, shoulder level. Roll back slightly until the core engages, the roll back up to the start position. Repeat.