



MoveWell

Workout of the Month: June 2018

Objective: This month’s workout has a kickboxing theme! We’ve included movements you might find in a cardio-kickboxing workout, such as jabs, hooks, front kicks, side shuffles and more. As always, each movement comes with a “Make it Harder” and a “Make it Easier” variation. Several movements incorporate the entire body and may challenge coordination and balance. When performed in completion, 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
Low jab + side kick (right hand/left foot)	Touch floor, add hop	Tap instead of side kick
Low jab + side kick (left hand/right foot)	Touch floor, add hop	Tap instead of side kick
Lateral shuffle + walking burpee	Lateral shuffle + full burpee	Lateral shuffle only
Inchworm (arms only)	Alternating single-leg inchworm	Bent-knee inchworm
Hook (right) + uppercut (left)	Bigger/faster movements	Slow down
Hook (left) + uppercut (right)	Bigger/faster movements	Slow down
Alternating front kick	Add overhead reach	Keep kicks low
Reverse tabletop + alternating march	Add cross-body reach	Dynamic reverse tabletop
Modified bicycle crunch	Bicycle crunch	Alternating oblique crunch
½ Lift-off push-up	Keep knees elevated	Keep knees down

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

Low jab + side kick

Assume an athletic stance, with fists just below chin. Tap one foot out to the side as you bend and punch toward the floor with the corresponding hand. Return to standing and kick to the side with the other leg. Angle the standing leg so that toes point to the side and heel points in the direction you are kicking. Note: Only punch as low as you can go by bending your knee without lowering your head below your hips.

Lateral shuffle + walking burpee

Assume an athletic stance. Shuffle three to four steps to one side, then squat and put both hands on the ground. Step both feet back into a push-up position, then step both feet forward and stand back up. Repeat in the other direction.

Inchworm (arms only)

Stand with feet hip width apart and knees slightly bent. Fold forward from the hips, place hands on the floor and walk arms forward into a push-up position. Reverse the movement and return to standing. Repeat.

Hook + uppercut

Assume an athletic stance with one foot slightly in front of the other. Hold fists just below chin. Sweep your front arm across the front of your body in a hook motion at shoulder height. Then, sweep the other fist in an uppercut motion. Repeat.

Alternating front kick

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

Reverse tabletop with alternating march

Sit with knees bent and feet on the floor, and place palms on the floor behind the hips with fingers facing forward. Elevate the hips and make a tabletop with your body. Be careful to keep your neck long and shoulders down. Alternate lifting and extending one leg at a time. Try to stay balanced and minimize shifting from side to side.

Modified bicycle crunch

Lie with knees bent and feet on the floor, placing hands lightly behind your head. Lift and rotate one shoulder toward the opposite knee, picking up the foot off the floor. Return to start position and alternate directions.

1/2 Lift-off push-up

Lie face down on the mat. Place hands at shoulder level and slightly wider. Keeping your knees down, press the body away from the floor into a kneeling pushup position. From here, elevate the knees and lower back down to the start position, lifting the hands slightly off the mat before putting them back down and repeating the exercise.