



MoveWell

Workout of the Month: November 2018

Objective: This month’s workout features mostly total body movements designed to maximize energy expenditure (calorie burn). If you’re feeling good and you want to make your workout even more effective, do a low-intensity march during the 20-second rest breaks so that you’re moving the entire time!

As always, each movement has a “Make It Harder” and a “Make It Easier” option.

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 or fourth time. Finish with about **5 minutes of stretching**. Total time: **30-45 minutes**

Movement	Make It Harder	Make It Easier
Butt kickers with overhead punch	Move faster	Move slower
Cardio curtsy with rainbow arms	Add a hop	Move slower, don’t lunge as low
High-knee freeze	Move faster	Move slower, keep knees low
Floor touch uppercut	Move faster, squat lower	Move slower, don’t touch the floor
Star kicks	N/A	Knees to elbows instead
Rotating plank	Add an alternating knee touch	Kneeling rotating plank
Child’s pose push-up	Do the push up on toes	Shallow push-up, take longer breaks

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

Butt kickers with overhead punch

Jog in place, bringing heels up towards buttocks. Punch arms overhead while jogging.

High-knee freeze

Perform a high-knee jog, freezing in a balanced position every third step (jog, jog, hold, jog, jog, hold, etc.)

Floor touch uppercut

Stand with feet wide. Bend knees and squat down. Tap the floor with the right hand, then perform an uppercut with the left hand. Maintain a semi-sumo squat the whole time. Change arms halfway through the interval.

Star kicks

Stand with arms stretched overhead, arms and legs slightly wider than the shoulders and hips (like a star). Kick the right leg up to hip level and reach the left fingers toward toes. Repeat on the other side. Alternate with opposite arm/opposite leg toe touches.

Rotating plank

Begin in hand plank with feet about hip width apart. Lift the right arm and rotate the body upward until the right arm reaches overhead. Return to plank and repeat on other side. Continue alternating sides.

Child's pose push-up

Perform one kneeling push-up, then sit backwards until your buttocks are on your heels and your chest is resting on your knees with arms outstretched in front of you. Return to a kneeling push-up start position and continue alternating the two movements.