



MoveWell

# Workout of the Month: September 2018

**Objective:** The seasons are changing, and so is our workout format! We've chosen seven movements in this month's workout rather than 10, and we'll aim for four rounds instead of three. This means that one round will take seven minutes to complete rather than 10. If you've been working out with MoveWell for a while, try adding another round to your usual workout, and see how you feel.

As always, each movement has a "Make It Harder" option to make the work more challenging and a "Make It Easier" option to make the work more manageable. 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 or fourth time. Finish with about **5 minutes of stretching**. Total time: **30-45 minutes**

Movement	Make It Harder	Make It Easier
Fly jacks	Move bigger/faster	1/2 jack with the legs
Walking burpee	Burpee	1/2 burpee
Lateral lunge with reach	Add a hop	Omit the reach
Broad jump	Add a burpee	Shuffle forward instead
Plank walkouts	Plank jack	1/2 kneeling plank
Prone 1/2 snow angel	Prone snow angel	Cross-body back extention
Hollow body flutter kicks	Lower the legs	Bend the knees

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

### Fly jacks

Perform a regular jumping jack with the legs, but open and close the arms at chest level.

### Walking burpee

From standing, squat down and place hands on the floor. Step back into plank position one foot at a time. Return to squat position one foot at a time, and stand up.

### Lateral lunge with reach

Stand with arms extended overhead. Step out to the right in a lateral lunge, bending the right knee but keeping the left leg straight. Swing arms downward, reaching the left hand across toward the right ankle and the right arm behind the body. Return to standing with arms overhead and repeat, alternating directions.

### Broad jump

From standing, perform a double-leg jump forward, landing in a semi-squat. Jog a few steps back to return to start position. Repeat.

### Plank walkouts

Start in hand plank. Move one foot and then the other outward and then back in, alternating lead legs.

### Prone 1/2 snow angel

Lie face down with arms extended overhead and gaze downward. Elevate the right arm and left leg; sweep slightly out to their respective sides, then return to center and lower down. Repeat the movement with the left arm and right leg. Continue alternating sides.

### Hollow body flutter kicks

Lie face up holding a towel at chest level with arms extended. Elevate the legs; slightly lift the head, neck and shoulders, then lower the legs until the abdominals feel engaged. Make small flutter kicks with the legs, being careful not to arch the lower back away from the floor.