



MoveWell

Workout of the Month: December 2018

Objective: This month’s workout is a ‘Best of MoveWell’ compilation featuring some of our favorite movements from previous workouts. We’ve chosen 10 movements, and in the video we’ll go through the sequence a total of three times.

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

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**

Instructions: Begin with a **4-5 minute total body warm-up**.

Movement	Make It Harder	Make It Easier
Tire run	Move faster, higher knees	Move slower
Single-leg reverse lunge with knee lift (right)	Straight-leg kick instead of knee lift	Omit the knee lift
Single-leg reverse lunge with knee lift (left)	Straight-leg kick instead of knee lift	Omit the knee lift
10x10 jogger	Move faster, higher knees	Move slower
Squat + heel raise	Add a jump instead of heel raise	Stand near sturdy support or omit heel raise
Single-leg hip hinge (right)	Extend arms overhead	Staggered-stance hip hinge
Single-leg hip hinge (left)	Extend arms overhead	Staggered-stance hip hinge
Prone back extension snow angel	Add snow angel legs	Bent-arm back extension
Elbow plank with alternate shoulder tap	Do an arm extension instead of a shoulder tap	Do the elbow plank kneeling
1/2 dead bug	Full dead bug	Bent-knee 1/2 dead bug

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

Tire run

March or jog, moving feet wide and then narrow

Single-leg reverse lunge with knee lift

Start standing with hands behind head. Step into a reverse lunge with one leg, aiming for a 90-degree bend in both knees. From the lunge position, return to standing and lift the lunging leg toward hip level. Repeat with the same leg for the duration of the interval.

10x10 jogger

Alternate 10 high-knee jogs with 10 tail-kicker jogs.

Squat + heel raise

Stand with feet hip-width apart, elbows bent at 90 degrees to make fists in front of the shoulders. Bend your knees and sit hips back, aiming to get your upper legs parallel to the ground, and touch elbows to thighs. As you return to standing, sweep both arms overhead and lift both heels off the ground. Be mindful not to fold forward from the hips; keep your chest lifted and your head above your heart.

Single-leg hip hinge

From standing, place hands on hips and balance on one leg. Hinge from the hips while lifting the other leg behind the body. Keep shoulders and hips square with one another and imagine making a capital "T" with your body. Return slowly to the start position and repeat.

Prone back extension snow angel

Lie face down with arms extended overhead and gaze directed at the floor. Lift arms and upper torso while keeping toes and legs on the floor. Sweep arms wide, then sweep arms overhead, return to start and repeat.

Elbow plank with alternating shoulder tap

Assume a forearm plank position with elbows directly below shoulders, head neutral to spine and hands relaxed. Pick up the right arm and tap the left shoulder with the right palm. Continue, alternating sides.

1/2 dead bug

Lie face up with arms extended level with shoulders and legs extended level with hips. Hold a towel in your hands and maintain tension in the extended position. Activate the abdominal muscles as you lower your left leg toward the floor, going as low as you can without arching your back. Return to start position and repeat the same movement with the right leg. Continue alternating legs.