



MoveWell

Workout of the Month: January 2018

Objective: This month’s workout features 10 movements that can be performed using only a mat, a towel, a stopwatch or timer and your body. Each movement has a “make it easier” and a “make it harder” option, so you can customize the workout to your fitness level. When performed completely, 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
Double-pump body squat	Add jumping	Single body squat
Push-up knee walk	Push-up + alternate hip extension	Kneeling push-up knee walk
Lateral hop tap	Double-foot lateral hop	Lateral side step
Single-leg reverse lunge with knee lift (right)	Add straight-leg kick	Single-leg reverse lunge
Single-leg reverse lunge with knee lift (left)	Add straight-leg kick	Single-leg reverse lunge
Tire run	High-knee tire run	Wide/narrow march
Cross-body v-sit towel twist	Add overhead extension	V trunk rotation only
Elbow plank alternate shoulder tap	Elbow plank arm extension	Kneeling elbow plank shoulder tap
Prone back extension snow angel	Add snow angel legs	Bent-arm back extension
Jumping jacks with overhead towel press	Air jack	Half jack

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

Double-pump Body Squat: Stand with feet hip width apart or slightly wider; lower your hips as you bend your knees, aiming for a 90-degree bend at the knees with your thighs parallel to the floor. Come halfway up, then return to the squat position, then come all the way back to your starting position. This counts as one repetition. Be careful not to extend knees beyond toe tips. Brace your core and keep your trunk upright.

Push-up Knee Walk: Assume a plank or push-up position with hands directly below shoulders and slightly wider. Perform one push-up, then lower the knees one at a time to kneeling plank, then extend the knees one at a time.

Lateral Hop Tap: From a standing position, hop or step sideways one foot at a time, like hopping sideways over a log.

Single-leg Reverse Lunge with Knee Lift: Start standing with hands behind your head. Step backward into a reverse lunge, aiming for a 90-degree bend in both knees. From the lunge position, return to an upright position and raise the same knee to hip level. Remember to work both your right and left legs.

Tire Run: Jog in place, moving feet from wider to narrower steps.

Cross-body V-sit Towel Twist: Sit with knees bent and heels on floor, thighs tight together. Extend arms in front of chest and create tension in the towel (if you're using one). Lean back just a little to where you can feel your abdominal muscles working. Rotate the trunk toward the right while raising the right leg. Try to tap your right foot with your left fist. Return to center and repeat on the other side.

Elbow Plank Alternate Shoulder Tap: Assume an elbow plank position with elbows directly below shoulders, head neutral to spine and hands relaxed. Pick up the right arm and tap your left shoulder with your right palm. Alternate.

Prone Back Extension Snow Angel: Lie face-down with arms extended overhead and gaze directed at floor. Lift arms and upper torso while keeping toes/legs on floor. Sweep your arms out to the sides and then back over your head, as if making a snow angel. Lower torso to original position.

Jumping Jacks with Overhead Towel Press: Create tension in the towel (if you're using one) and hold it in front of your chest. Raise arms overhead (shoulder width) when feet jump wide, then return arms to chest level when feet jump narrow.