



MoveWell

Workout of the Month: March 2018

Objective: This month’s workout features a series of movements that can be performed using 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
Speed skater	Add speed and/or hopping	Make movement smaller
Single-leg hip hinge (right)	Add a knee lift	Keep both feet on ground
Single-leg hip hinge (left)	Add a knee lift	Keep both feet on ground
Chair pose	Extend arms overhead/sit lower	Add repetitions instead of holding pose
Supine trunk rotation	Add leg extension	Make the movement smaller
Dynamic bird dog	Crouching bird dog	Keep hands on floor
Towel lateral extension	Extend arms overhead	Make movement smaller
Plank half jack	Plank lunge	Kneeling plank
1/2 Kneeling wood chop (right)	Move hands closer together	Bend elbows or use stagger stance
1/2 Kneeling wood chop (left)	Move hands closer together	Bend elbows or use stagger stance

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

Speed skater: Step or hop the right foot laterally and reach the left foot behind the body and across the midline. Repeat in the opposite direction. Keep knees slightly bent and chest and head up.

Single-leg hip hinge: Place hands on hips and balance on one leg. Bend forward at the hips while lifting the raised leg behind the body. Keep shoulders and hips square. Keep a straight line from the back of your head to your heel. Return slowly to start position and repeat.

Chair pose: Stand with feet hip width apart or slightly closer. Bend knees and lower hips as if sitting in a chair, while elevating the arms in front of the body at shoulder level, palms facing one another. Make sure your knees don't extend in front of your toes.

Supine trunk rotation: Lie face up with arms extended to the side. Bend and elevate your legs so that knees are lined up with hips. Lower legs to the right while keeping shoulders on the ground. Use core muscles to return to the start position. Repeat in the other direction.

Dynamic bird dog: Start on all fours. Slowly extend the left leg straight back and lift to hip level while extending the right arm forward and lifting to shoulder level. Hold for 2-3 seconds, then return to start position and repeat with right leg and left arm.

Towel lateral extension: Hold towel with hands shoulder width apart and extend arms overhead and slightly in front. This is the start position. Cross left leg behind right leg and bend laterally to the right. Return to start position and repeat in the other direction.

Plank half jack: Begin in hand plank. Slightly elevate right foot and tap out to the side. Return to plank and repeat on the left side.

1/2 Kneeling wood chop: Kneel with one knee on the floor. Hold towel with hands closer than shoulder width apart, directly in front of the kneeling leg. Rotate upward diagonally, extending arms overhead. Keep hips and lower body stable. Repeat.