



MoveWell

Workout of the Month: May 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
10-by-10 jogger	Make movement bigger/faster	10-by-10 march
Jumping jacks with overhead towel press	Star jump	½ Jack with overhead towel press
Mountain climber	Mountain runner	Kneeling plank with leg lifts
Prone I-Y-T	Maintain back extension during I-Y-T	Prone I-Y
Kneeling plank hand walk	Plank hand walk	Kneeling elbow plank
Isometric glute bridge with towel	Glute bridge with march	Dynamic glute bridge with towel
Boat pose with march	Boat pose with double knee lift	Grounded boat pose
Double-pump plié	Add heel raise	Plié only
Runner’s lunge (right)	Add a jump	Don’t reach as low/tap instead of knee lift
Runner’s lunge (left)	Add a jump	Don’t reach as low/tap instead of knee lift

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

10-by-10 jogger

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

Jumping jacks with overhead towel press

Create tension in the towel (if you're using one) and hold it at chest level. Raise arms overhead (shoulder width) when feet jump wide, then return arms to chest level when feet jump narrow.

Mountain climber

Start in plank position. Alternate pulling one knee at a time toward your hands.

Prone I-Y-T

Lie face down with arms extended overhead. Keep your gaze downward and slightly elevate your arms and upper torso without lifting your legs (I). Bend elbows and pull them toward your body (Y). Extend arms out to the side (T), sweep them back overhead, then release and return to start position.

Kneeling plank hand walk

Start in kneeling plank. Lower down to your elbows one arm at a time, leading with your left arm. Come back up onto your hands, leading with your left arm. Repeat the movement leading with your right arm. Continue alternating lead arms.

Isometric glute bridge with towel

Lie face up with knees bent and feet on the floor. Fold towel into a small square and squeeze it between your knees. Lift the hips and hold position without letting the towel drop.

Boat pose with march

Sitting with your knees bent and heels on the floor, lean back slightly and extend your hands toward your knees. Alternate lifting one heel off the ground at a time.

Double-pump plié

Stand with feet wider than hip width and turn toes out slightly. Keeping torso upright, bend knees and lower hips toward the floor until knees are bent about 90 degrees. Come halfway up, lower back down to 90 degrees, then come all the way back up to the start position. Repeat.

Runner's lunge

From standing, step backward with one foot and bend both knees. Lower your trunk slightly, reaching your hands toward the floor beside your front foot. Return to standing, bringing the back knee forward to hip height. Continue on the same leg.