



MoveWell

Workout of the Month: October 2018

Objective: Again this month, we've chosen seven movements in our workout rather than 10, and we'll go through 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
Lateral squat with overhead reach	Add a double pump	Omit the arms
Kneeling push-up with knee walk	Push-up with knee walk	Plank knee walk
Goalpost reverse lunges	Add a double pump	Omit the arms
1/2 Roll-up	Full roll-up	Basic crunch
Elbow plank	Add alternating leg lifts	Kneeling elbow plank
Breaststroke back extension	Add leg lift	Omit breaststroke movement
Speed skater	Add speed or make it bigger	Slow down or make it smaller

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

Lateral squat with overhead reach

Stand with arms outstretched at shoulder level and hands clasped. Step out to one side and lower down into a squat while extending arms overhead and keeping hands clasped. Return to start position and repeat with the other leg. Continue alternating sides.

Kneeling push-up with knee walk

Start in kneeling plank. Do one push-up, then lift one knee at a time into full plank. Place knees back down one at a time, returning to kneeling plank. Repeat.

Goalpost reverse lunges

Stand with arms at shoulder level and elbows bent, palms facing one another (like a goalpost). Step back into a lunge with one leg, bending both knees and extending arms overhead. Return to start position and repeat the movement with the other leg. Continue alternating sides.

1/2 Roll-up

Lie face up with knees bent and feet on the floor, arms extended overhead. Without using momentum, begin to peel the arms, head, neck, shoulders and upper back away from the floor, reaching fingertips toward the ceiling. Roll slowly back down. Repeat.

Elbow plank

Lie face down. Position the elbows right under the shoulders and press the body away from the mat, supporting body weight on the forearms and toes. Keep the back neutral and gaze downward toward hands or forearms.

Breaststroke back extension

Lie face down with arms extended overhead, palms facing one another. Slightly lift the upper torso away from the floor while sweeping the arms back toward the hips in a breaststroke motion. Return to the start position. Repeat.

Speed skater

Step or hop the right foot to the side while reaching the left foot behind the body and across the midline. Repeat in the opposite direction. Keep knees slightly bent and chest and head up.