**FIT 4 LIFE**

**MONDAY WORKOUT**

**HOME/BODYWEIGHT**

3-5 Rounds

- **LUNGE & TWIST**
  - 8 Reps (4 Each Side)
  - Hold book/home item in front of chest. Step forward in lunge and twist over bent leg. Return back to standing and repeat on other leg.

- **HOME ITEM PUSH OUT**
  - 8 Reps
  - Hold book/home item in front of chest. Push out at chest level until arms are straight. Return back to chest.

- **AIR DEADLIFT**
  - 8 Reps

- **ACROSS ARM STRETCH**
  - 20 Seconds Each Side
  - While standing, take one arm straight across body and pull to chest with opposite arm. Hold stretch then switch sides.

- **KNEE MARCH**
  - 16 Reps (8 Each Side)
  - While standing, march in place bringing alternating knee up.
3-5 Rounds

**REVERSE LUNGE**
8 Reps Each Leg

Take a step back and lunge. Keep front foot on ground and knee tracked over toe. Step back to starting position and repeat.

**CAN FRONT RAISE**
8 Reps Each Arm

Hold cans while standing. Raise one arm up to shoulder height. Lower down and repeat with other arm.

**CALF RAISES**
8 Reps

Standing on ground or a step, raise up onto calves and hold 1-2 seconds. Lower slowly and repeat.

**LUNGE STRETCH**
20 Seconds Each Side

Step forward into a half lunge and raise arms above head stretching hips and torso.

**SINGLE ARM TRICEP**
8 Reps Each Arm

Hold a can/water bottle with one arm behind head and extend up using triceps.
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**CAN HAMMER CURL**
- 8 Reps
  - Hold cans with palms facing in.
  - Curl up towards chest using biceps/forearms. Keep palms facing in throughout movement

**BOOK PLATE ROW**
- 8 Reps
  - Get into hip hinge position without rounding back. Row book up to stomach/chest and lower back down

**STANDING W PRESS**
- 8 Reps
  - While standing, get arms into W position and raise up overhead. Return back to shoulder height

**HAMSTRING STRETCH**
- 8 Reps Each Side
  - One foot forward with toe up and leg straight. Sweep down by foot keeping balance

**HIGH PLANK HOLD**
- 20 Seconds
  - Against a chair/table, hold high plank position keeping core tight
3-5 Rounds

**ONE ARM ROW w/CAN**
8 Reps Each Arm

With one arm on a chair/table, get into hip hinge and row without opposite arm. Keep elbow tight to body

**CAN SWITCH CURLS**
8 Reps

Hold cans with arms down and palms facing out. Curl up and switch so palms face down on the way down

**AIR DEADLIFT**
8 Reps

Stand with feet hip width apart and knees slightly bent. Hinge down without rounding back. Should feel in hamstrings/glutes

**STANDING BIRD DOGS**
8 Reps Each Side

While standing hold one arm up overhead. Bring arm down to opposite knee as it raises and then repeat

**3 POINT TAP BALANCE**
2x Each Side

While standing, do 3-way tap balance on one leg (point in front, to side, and behind). Do 2x through and then switch legs
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

AIR SQUAT
8 Reps

CAN ARNOLD PRESS
8 Reps

STEP UPS
8 Reps Each Leg

Squat down keeping heels on ground and knees tracked over toes throughout movement

Hold cans at shoulder height with palms facing you. Twist palms out as you push up overhead. Twist back on way down

Step onto chair/step with one leg. Lower back down and repeat with opposite leg

TRICEP STRETCH
20 Seconds Each Side

BENCH DIPS
8 Reps

Grab elbow with opposite arm overhead and pull back towards body stretching tricep (back of arm). Repeat on other side

Sit on edge of chair and place hands behind. Dip body down and up. Keep back/butt close to bench when going up and down
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**STAGGERED PUSHUP**
4 Reps Each Side
Against a wall, one arm lower and one at chest level, perform wall pushup. Don’t let elbow flare out to the side

**BENT OVER ROW**
8 Reps
Get into a hip hinge position not rounding the back. Row two cans towards chest/stomach

**ARM CLAMS**
8 Reps
While standing, hold arms straight out to side and bring together with straight arms in front of body

**LYING KNEE HUG**
20 Seconds Each Side
Lying on the ground, raise one knee and pull with arms stretching the leg

**STEAM ENGINES**
8 Reps Each Side
While standing, raise one knee to opposite elbow squeezing core
FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**STEP UPS**
8 Reps Each Leg

Step up onto a chair or step keeping knee tracked over toe

**HOME ITEM TWIST**
16 Reps

Holding any item with straight arms, twist to side squeezing core, slowly move to other side

**AIR SQUAT**
8 Reps

Stand with feet hip width apart, squat down keeping knees over toes and heels down on the ground

**HIP GATES OPEN**
8 Reps Each Side

Stand next to a wall for balance, raise one knee up and externally rotate at the hip to “open the gate”

**HIP GATES CLOSE**
8 Reps Each Side

Stand next to a wall for balance, raise one knee out to the side and internally rotate at the hip to “close the gate”
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**CAN BICEP ISO HOLD**
- 20 Seconds

While standing, hold cans with arms at 90 degree angle flexing biceps. Hold this position for 20 seconds.

**SEATED KNEE EXT HOLD**
- 20 Seconds Each Leg

While sitting, lift one leg up and extend until as straight as possible. Hold at top of movement for 20 seconds then repeat with other leg.

**WALL ARM STRETCH**
- 20 Seconds

While standing in front of a wall place hands up against wall with arms as straight as possible. Lean back with hip stretching arms/back.

**SINGLE LEG BALANCE**
- 20 Seconds Each Leg

Stand on one leg and balance. Stand next to wall/chair for balance if needed.

**SINGLE ARM CAN ROW**
- 10 Reps Each Arm

Using a chair, place one arm on chair edge and row with other arm. Keep elbow tight to body.
3-5 Rounds

**CAN FORWARD PUNCH**
10 Reps Each Arm

While standing, hold cans at shoulder height and punch forward with one arm.

**CAN CALF RAISES**
10 Reps Each Leg

While standing hold cans at sides with straight arms. Lift onto toes using calves and hold 1-2 seconds at top of movement. Lower and repeat.

**CAN HAMMER CURL**
10 Reps

While standing hold cans with palms facing in. Curl up with biceps and lower back to starting position.

**WALL ANGELS**
10 Reps

Stand with back against a wall. Trying to keep arms in contact with wall, move up and down against wall.

**KNEE MARCH**
10 Reps Each Leg

While standing, march knee up towards waist. If possible, go slow to work on balance and hip flexor strength.
FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**LUNGE & TWIST**
8 Reps (4 Each Side)

Hold book/home item in front of chest. Step forward in lunge and twist over bent leg. Return back to standing and repeat on other leg.

**HOME ITEM PUSH OUT**
8 Reps

Hold book/home item in front of chest. Push out at chest level with until arms are straight. Return back to chest.

**AIR DEADLIFT**
8 Reps


**ACROSS ARM STRETCH**
20 Seconds Each Side

While standing, take one arm straight across body and pull to chest with opposite arm. Hold stretch then switch sides.

**KNEE MARCH**
16 Reps (8 Each Side)

While standing, march in place bringing alternating knees up.
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**AIR SQUAT**
8 Reps

Squat down keeping heels on ground and knees tracked over toes throughout movement.

**CAN ARNOLD PRESS**
8 Reps

Hold cans at shoulder height with palms facing you. Twist palms out as you push up overhead. Twist back on way down.

**STEP UPS**
8 Reps each leg

Step onto chair/step with one leg. Lower back down and repeat with opposite leg.

**TRICEP STRETCH**
20 Seconds Each Side

Grab elbow with opposite arm overhead and pull back towards body stretching tricep (back of arm). Repeat on other side.

**BENCH DIPS**
8 Reps

Sit on edge of chair and place hands behind. Dip body down and up. Keep back/butt close to bench when going up/down.
3-5 Rounds

**CAN HAMMER CURL**
8 Reps

Hold cans with palms facing in. Curl up towards chest using biceps/forearms. Keep palms facing in throughout movement.

**BOOK PLATE ROW**
8 Reps

Get into hip hinge position not rounding back. Row book up to stomach/chest and lower back down.

**STANDING W PRESS**
8 Reps

While standing, get arms into W position and raise up overhead. Return back to shoulder height.

**HAMSTRING STRETCH**
8 Reps each side

One foot forward with toe up and leg straight. Sweep down by foot keeping balance.

**HIGH PLANK HOLD**
20 seconds

Against a chair/table, hold high plank position keeping core tight.
3-5 Rounds

**BROOM ROW**
10 reps
Hold a broom in hip hinge position without rounding back. Row towards chest/stomach using back muscles.

**NEGATIVE CURLS**
10 reps
Hold cans and perform bicep curl (slowly lower on the way down) and repeat.

**SINGLE LEG DEADLIFT**
10 reps each leg
Use a wall or chair for balance assistance if needed. Hinge with one leg performing deadlift, back leg swings up and back behind you.

**SIDE REACH STRETCH**
30 seconds each side
While standing hold one arm up overhead and reach across body/head and hold stretch.

**SINGLE LEG CALF RAISE**
10 reps each leg
Use a wall or chair for balance assistance if needed. Raise up onto one foot performing calf raise. Hold for 1-2 seconds at top of movement.
3-5 Rounds

**CAN BICEP ISO HOLD**
20 Seconds

While standing, hold cans with arms at 90 degree angle flexing biceps. Hold this position.

**SEATED KNEE EXTENSION HOLD**
20 Seconds Each Leg

While sitting, lift one leg up and extend until as straight as possible. Hold at top of movement for 20 seconds then repeat with other leg.

**AIR SQUATS**
10 Reps

While standing, squat down bending knees and sitting hips back. Keep heels on ground and knees tracking over toes.

**SINGLE LEG BALANCE**
20 Seconds Each Leg

Stand on one leg and balance. Stand next to wall/chair for assistance if needed.

**SINGLE ARM CAN ROW**
10 Reps Each Arm

Using a chair or table, place one arm on chair edge and row with other arm. Keep elbow tight to body.
3-5 Rounds

**LATERAL STAIR STEP**
8 Reps Each Leg

Stand sideways next to a stair step and step onto with inside foot. Lower back down and repeat.

**CAT/COW (Stand or Floor)**

Working on spine mobility, curve back up and then stick chest out stretching the opposite way. Breathe and go slow. 16 Total Reps

**CAN FRONT HOLD**

Hold two cans out in front with straight arms for 16 seconds. 16 Seconds

**LYING GLUTE BRIDGE**

16 Reps

Lying on back, extend hips up squeezing glutes/hamstrings. Hold for 1-2 seconds at top then lower and repeat.

**SUITECASE CARRY**

30 Steps Each Arm

Hold weight/home item on one side of the body and walk. Use suitcase/duffle bag!
# FIT 4 LIFE

## MONDAY WORKOUT

### HOME/BODYWEIGHT

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAN FORWARD PUNCH</strong></td>
<td>While standing, hold cans at shoulder height and punch forward with one arm</td>
</tr>
<tr>
<td>10 Reps Each Arm</td>
<td></td>
</tr>
<tr>
<td><strong>STAIR STEP UPS</strong></td>
<td>Hold onto rails or wall for balance if needed. Step onto stair step and then back down and repeat</td>
</tr>
<tr>
<td>10 Reps Each Leg</td>
<td></td>
</tr>
<tr>
<td><strong>CAN HAMMER CURL</strong></td>
<td>While standing hold cans with palms facing in. Curl up with biceps and lower back to starting position</td>
</tr>
<tr>
<td>10 Reps</td>
<td></td>
</tr>
<tr>
<td><strong>WALL ARM STRETCH</strong></td>
<td>While standing in front of wall place hands up against wall with arms as straight as possible. Lean back with hips stretching arms/back</td>
</tr>
<tr>
<td>30 Seconds</td>
<td></td>
</tr>
<tr>
<td><strong>KNEE MARCH</strong></td>
<td>While standing, march knee up towards waist. If possible, go slow to work on balance and hip flexor strength</td>
</tr>
<tr>
<td>5 Reps Each Leg</td>
<td></td>
</tr>
</tbody>
</table>
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**CAN SHRUGS**
16 Reps

**STEPS OR JUMPING JACKS**
16 Reps

**DEAD BUGS**
8 Reps Each Side

**ARM CIRCLES**
10 Big Circles Each Direction

**UP & OUT**
8 Reps Up, 8 Reps Out

Holding cans on side of body with arms straight. Shrug up keeping arms straight and hold at top for 1-2 seconds

Regular jumping jacks or do without a jump (step jacks)

Laying on back with arms up and knees bent. Extend one arm overhead while extending opposite leg out straight. Repeat on other side. Go slow

While standing, big arm circles going forward and then big arm circles going backwards

Hold an item at chest level. Push item up overhead then back down to chest. Then push out away from chest and back in
3-5 Rounds

**SPLIT SQUAT**
8 Reps Each Leg

Use a chair or wall for balance if needed. Get into split stance (lunge) position and do a lunge down and up. Keep front knee tracked over your toe.

**PLATE 8’s**
8 Reps Each Direction

Hold any house item (or dinner plate) with arms straight. Make 8’s with the item using shoulders.

**SQUAT AND PRESS**
8 Reps

Hold cans at shoulder height and do a half squat down. After you come up, do a shoulder press with the cans.

**CHAIR LEG CURLS**
16 Reps Each Leg

Standing behind a chair, lift one leg up bending at knee and curl up towards butt. Slowly lower leg and repeat.

**HIGH PLANK HOLD**
20 Seconds

Either on the ground or against a stable surface, hold high plank (to p of pushup position). Keep core tight throughout.
FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**SINGLE LOADED SQUAT**
6 Reps Each Side

Hold a can with one arm at shoulder height and squat down. Do 6 reps and repeat on other side. Try to keep balanced throughout the movement.

**BROOM ROW**
12 Reps

Get into hip hinge position without rounding back. Row broom to chest/stomach squeezing shoulder blades at the top of the movement.

**LATERAL LUNGE**
6 Reps Each Side

From standing, take a side step and lunge onto one leg (keep knee tracked over toe on the leg that is bending). Sit the hips back.

**LYING KNEE HUG**
30 Seconds Each Leg

From a lying position, grab one knee and hug for 30 seconds.

**COUCH/CHAIR DIPS**
12 Reps

From a seated position on couch or chair, place hands behind you and dip body down using triceps to perform movement. Keep body close to chair and bend knees. Use a sturdy chair!
3-5 Rounds

**HAMMER CURLS**
10 Reps

Hold cans on side of body with palms facing in. Curl up using biceps and lower back down.

**LUNGE AND TWIST**
5 Reps Each Leg

Take a step forward into a lunge (knee tracks over toe) and twist over the bent leg slowly. Keep your balance throughout.

**SINGLE ARM PRESS**
10 Reps Each Arm

Hold a can at shoulder height with one arm and press overhead.

**OPPOSITE CIRCLES**
10 Each Direction

Do arm circles but have one arm going forward and one arm going backwards! Harder that it sounds!

**AIR SQUAT**
10 Reps

From a standing position, squat down with heels on the ground, knees tracking over toes, and hips pushing back.
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**STEAM ENGINES**
- 12 Reps

**WALL PUSHUP or PUSHSUP**
- 6 Reps

**CAN T RAISES**
- 6 Reps

From standing with hands behind head, raise knee to opposite elbow. You can go fast for cardio or slow for a core workout.

Perform a pushup against the wall or on the ground (from the knees is okay too). Keep elbows from flaring directly out to the sides.

In a hip hinge position without rounding back, raise arms into a “T” position squeezing shoulder blades/upper back.

**SQUAT HOLD**
- 10 Seconds

Hold a squat position at a level you are comfortable for 10 seconds. Keep heels on the ground and knees tracking over toes.

**SINGLE ARM OH HOLD**
- 10 Seconds Each Arm

Hold a can or other item overhead with one arm and arm fully extended. Hold that position for 10 seconds then switch arms.
3-5 Rounds

**CAN SIDE BENDS**
6 Reps Each Side

Hold a can on one side of body and bend down keeping can close to body. Straighten back up and repeat. Keep core tight throughout movement.

**CAN DEADLIFTS**
12 Reps

Get into hip hinge position without rounding back. Lower weights down by hinging at the hip and stand back up. Knees slightly bent.

**CAN SHOULDER PRESS**
12 Reps

While standing, press cans up overhead. Palms can face out away from you or face in towards each other.

**SINGLE ARM ROW**
12 Reps Each Arm

Place a hand on a chair/table and row with opposite arm. Keep elbow tight and close to the body as you row. Squeeze shoulder blade.

**HIGH PLANK INCLINE**
15 Seconds

With straight arms hold a high plank (top of a pushup position). You can hold against something at an incline or on the ground.
3-5 Rounds

**LATERAL LUNGE**
5 Reps Each Leg

From standing, take a side lunge to the side. On the bent leg, keep knee tracked over toe and sit the hips back.

**DETERGENT SWINGS**
10 Reps

Get into hip hinge without rounding back. From between legs, stand up swinging the item up. Swing to face height and repeat. Hinge during movement.

**STANDING KNEE CURL**
10 Reps Each Leg

Place hand on the back of a chair and stand on one leg. Bend one knee bringing heel towards butt. Perform slowly.

**ARM HUGS**
10 Reps

While standing perform big arm hugs.

**BOOK ROW**
10 Reps

In a hip hinge position row books to chest/stomach. Squeeze shoulder blades while rowing.
3-5 Rounds

**FLUTTERS**
12 Reps

While laying down, small movements up and down with legs as straight as possible. Working core.

**LEG RAISES**
6 Reps

While laying down, move both legs up and down together keeping as straight as possible.

**GLUTE BRIDGE**
12 Reps

While laying down and knees bent, extend hips up squeezing glutes. Hold for 1-2 sec at top of movement before lowering back down.

**BOTH LEGS KNEE HUG**
30 Seconds

While laying down, hug both knees to chest.

**KNEE TUCKS**
6 Reps

Sit with arms behind you and legs bent. Extend legs out and back in.
3-5 Rounds

**BROOM ROW**
10 reps

Hold a broom in hip hinge position without rounding back. Row towards chest/stomach using back muscles.

**NEGATIVE CURLS**
10 reps

Hold cans and perform bicep curl (slowly lower on the way down) and repeat.

**SINGLE LEG DEADLIFT**
10 reps each leg

Use a wall or chair for balance assistance if needed. Hinge with one leg performing deadlift, back leg swings up and back behind you.

**SIDE REACH STRETCH**
30 seconds each side

While standing hold one arm up overhead and reach across body/head and hold stretch.

**SINGLE LEG CALF RAISE**
10 reps each leg

Use a wall or chair for balance assistance if needed. Raise up onto one foot performing calf raise. Hold for 1-2 seconds at top of movement.
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

SEATED FRONT RAISE
10 reps
While sitting, hold cans and perform front shoulder raise. Hold for 1-2 seconds at shoulder height and lower back down

SIT TO STANDS FROM CHAIR
10 reps
From seated position, stand up without using arms for push assistance. You can hold something if you like. Make sure knees stay in line with feet (don’t cave in)

SEATED L CLAMS
20 reps
While sitting, hold arms out and bent making an “L”, bring together keeping the L shape throughout the movement

SEATED TWIST
10 twists each direction
While sitting, either holding a weight or with hands behind head, twist to one side squeezing your core/obliques, slowly turn to opposite side and repeat

KNEE EXTENSIONS
20 reps each leg
While seated in a chair, lift one leg up and extend until as straight as possible. Try to hold straight for 1-2 seconds before lowering
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**SPLIT SQUAT**
8 reps each leg

Use a chair or wall for balance assistance if needed. Get into split stance (lunge) position and do a lunge down and up. Keep front knee tracked over your toe.

**PLATE 8’s**
8 reps each direction

Hold any house item (or dinner plate) with arms straight. Make “8”s” with the item using shoulders.

**SQUAT AND PRESS**
8 reps

Hold cans at shoulder height and do a half squat down, after you come up, do a shoulder press with the cans.

**CHAIR LEG CURLS**
16 reps each leg

Standing behind a chair, lift one leg up bending at knee and curl up towards butt. Slowly lower leg and repeat.

**HIGH PLANK HOLD**
20 seconds

Either on the ground or against a stable surface, hold high plank (top of a pushup position). Keep core tight throughout.
FIT 4 LIFE

MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**CAN FORWARD PUNCH**
10 reps each arm

While standing, hold cans at shoulder height and punch forward with one arm

**STAIR STEP UPS**
10 reps each leg

**Hold onto rails or wall for balance if needed. Step onto stair step then back down and repeat**

**CAN HAMMER CURL**
10 reps

While standing hold cans with palms facing in. Curl up with biceps and lower back to starting position

**WALL ARM STRETCH**
30 seconds each side

While standing in front of a wall place hands up against wall with arms as straight as possible. Lean back with hips stretching arms/back

**KNEE MARCH**
5 reps each leg

While standing, march knee up towards waist. If possible, go slow to work on balance and hip flexor strength
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**CAN BICEP ISO HOLD**
20 seconds
While standing, hold cans with arms at 90 degree angle flexing biceps. Hold this position for 20 seconds

**SEATED KNEE EXTENSION HOLD**
20 seconds each leg
While sitting, lift one leg up and extend until as straight as possible. Hold at top of movement for 20 seconds then repeat with other leg

**AIR SQUATS**
10 reps
While standing, squat down bending knees and sitting hips back. Keep heels on ground and knees tracking over toes

**SINGLE LEG BALANCE**
20 seconds each leg
Stand on one leg and balance. Stand next to wall/chair for balance if needed

**SINGLE ARM CAN ROW**
10 reps each arm
Using a chair, place one arm on chair edge and row with the other arm. Keep elbow tight to body
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**WALK or MARCH**
30 Steps
Walk or march in place for 30 steps

**WALL SIT**
15 Seconds
Sit against wall with knees tracking over toes

**CAN SHRUGS**
12 Reps
Hold cans at sides with palms facing in. Shrug up with arms straight and hold for 1-2 seconds at the top

**SINGLE ARM PRESS**
12 reps each arm
Holding one can or other items, push from shoulder to overhead. Once complete, repeat with other arm

**TRICEP STRETCH**
20 seconds each arm
Extend one arm up overhead and bend at elbow, grab elbow with opposite arm and pull towards you stretching the triceps
# FIT 4 LIFE

## MONDAY WORKOUT

### HOME/BODYWEIGHT

<table>
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<tr>
<th>Exercise</th>
<th>Reps/Instructions</th>
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<tbody>
<tr>
<td>Lunge &amp; Twist</td>
<td>8 Reps (4 Each Side) Hold book/home item in front of chest. Step forward in lunge and twist over bent leg. Return back to standing and repeat on other leg.</td>
</tr>
<tr>
<td>Home Item Push Out</td>
<td>8 reps Hold book/home item in front of chest. Push out at chest level until arms are straight. Return back to chest.</td>
</tr>
<tr>
<td>Air Deadlift</td>
<td>8 reps Stand with feet hip width apart and knees slightly bent. Hinge down without rounding back. Should feel in hamstrings/glutes.</td>
</tr>
<tr>
<td>Across Arm Stretch</td>
<td>30 seconds each side While standing, take one arm straight across body and pull to chest with opposite arm. Hold stretch then switch sides.</td>
</tr>
<tr>
<td>Knee March</td>
<td>16 reps (8 each leg) While standing, march in place bringing alternating knees up. This one is for cardio so go faster than the slow knee raise.</td>
</tr>
</tbody>
</table>
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**STEP UPS**
8 reps each leg

**HOME ITEM TWIST**
16 reps

**AIR SQUATS**
8 reps

Step up onto a stair step keeping knee tracked over toe

Holding any item with straight arms, twist to side squeezing core, slowly move to other side

While standing, squat down bending knees and sitting hips back. Keep heels on ground and knees tracking over toes

**HIP GATES OPEN**
8 reps each side

Stand next to wall for balance, raise one knee up and externally rotate at the hip to “open the gate”

**HIP GATES CLOSE**
8 reps each side

Stand next to a wall for balance, raise one knee out to the side and internally rotate at the hip to “close the gate”.
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**CAN HAMMER CURL**
8 reps

Hold cans with palms facing in.. Curl up towards chest using biceps/forearms. Keep palms facing in throughout movement.

**BOOK PLATE ROW**
8 reps

Get into hip hinge position not rounding back. Row book up to stomach/chest and lower back down.

**STANDING W PRESS**
8 reps

While standing, get arms into W position and raise up overhead. Return back to shoulder height

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**HAMSTRING STRETCH**
8 reps each side

One foot forward with toe up and leg straight. Sweep down by foot keeping balance

**HIGH PLANK HOLD**
20 seconds

Against a char/table, hold high plank position keeping core tight
FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**ONE ARM ROW w/CAN**
- 8 Reps Each Arm
- With one arm on a chair/table, get into hip hinge and row with opposite arm. Keep elbow tight to body

**CAN SWITCH CURLS**
- 8 reps
- Hold cans with arms down and palms facing out. Curl up and switch so palms face down on the way down

**AIR DEADLIFT**
- 8 reps
- Stand with feet hip width apart and knees slightly bent. Hinge down without rounding back. Should feel in hamstrings/glutes

**STANDING BIRD DOGS**
- 8 Reps Each Side
- While standing hold one arm up overhead. Bring arm down to opposite knee as it raises and then repeat.

**3 POINT TAP BALANCE**
- 2x Each Side
- While standing, do 3-way tap balance on one leg (point in front, to side, and behind). Do 2x through and then switch legs
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**SEATED FRONT RAISE**
10 Reps

While sitting, hold cans and perform front shoulder raise. Hold for 1-2 seconds at shoulder height and lower back down.

**SIT TO STANDS FROM CHAIR**
10 Reps

From seated position, stand up without using arms for push assistance. You can hold something if you like. Make sure your knees stay in line with feet (don’t cave in).

**SEATED L CLAMS**
20 Reps

While sitting, hold arms out and bent making an “L”, bring together keeping the L shape throughout the movement.

**SEATED TWIST**
10 Twists Each Direction

While sitting and holding something, twist to one side squeezing your core/obliques, slowly turn to opposite side and repeat.

**KNEE EXTENSIONS**
20 Reps Each Leg

While seated in a chair, lift one leg up and extend until as straight as possible. Try to hold straight for 1-2 seconds before lowering.
**FIT 4 LIFE**

**FRIDAY WORKOUT**

**HOME/BODYWEIGHT**

3-5 Rounds

- **WALK or MARCH**
  - 30 Steps
  - Walk or march in place for 30 steps

- **WALL SIT**
  - 15 Seconds
  - Sit against wall with knees tracking over toes

- **CAN SHRUGS**
  - 12 Reps
  - Hold cans at sides with palms facing in. Shrug up with arms straight and hold for 1-2 seconds at the top

- **SINGLE ARM PRESS**
  - 12 Reps Each Arm
  - Holding one can or other item, push from shoulder to overhead. Once complete, repeat with other arm

- **TRICEP STRETCH**
  - 20 Seconds Each Arm
  - Extend one arm up overhead and bend at elbow, grab elbow with opposite arm and pull towards you stretching the triceps