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
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 the 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
3-5 Rounds

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

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

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

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

**SINGLE LEG CALF RAISE**
- 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
- 10 reps each leg
## FIT 4 LIFE
### WEDNESDAY WORKOUT

**HOME/BODYWEIGHT**

### 3-5 Rounds

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CAN BICEP ISO HOLD</strong></td>
<td>20 Seconds&lt;br&gt;While standing, hold cans with arms at 90 degree angle flexing biceps. Hold this position</td>
</tr>
<tr>
<td><strong>SEATED KNEE EXTENSION HOLD</strong></td>
<td>20 Seconds Each Leg&lt;br&gt;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.</td>
</tr>
<tr>
<td><strong>AIR SQUATS</strong></td>
<td>10 Reps&lt;br&gt;While standing, squat down bending knees and sitting hips back. Keep heels on ground and knees tracking over toes</td>
</tr>
<tr>
<td><strong>SINGLE LEG BALANCE</strong></td>
<td>20 Seconds Each Leg&lt;br&gt;Stand on one leg and balance. Stand next to wall/chair for assistance if needed</td>
</tr>
<tr>
<td><strong>SINGLE ARM CAN ROW</strong></td>
<td>10 Reps Each Arm&lt;br&gt;Using a chair or table, place one arm on char edge and row with other arm. Keep elbow tight to body</td>
</tr>
</tbody>
</table>
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

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

- **CAN FRONT HOLD**
  16 Seconds
  Hold two cans out in front with straight arms for 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

- **SUITCASE CARRY**
  30 Steps Each Arm
  Hold weight/home item on one side of the body and walk. Use suitcase/duffel bag!
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 and 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
While standing in front of 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 SHRUGS**
16 Reps

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

**STEPS OR JUMPING JACKS**
16 Reps

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

**DEAD BUGS**
8 Reps Each Side

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

**ARM CIRCLES**
10 Big Circles Each Direction

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

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

Hold an item at chest level. Push item up overhead then back down to chest. Then push out away from chest and back in
**FIT 4 LIFE**

**FRIDAY WORKOUT**

**HOME/BODYWEIGHT**

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.
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!
FIT 4 LIFE

WEDNESDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

HAMMER CURLS
10 Reps

LUNGE AND TWIST
5 Reps Each Leg

SINGLE ARM PRESS
10 Reps Each Arm

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

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

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

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

**WALL PUSHUP or PUHSUP**
6 Reps

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.

**CAN T RAISES**
6 Reps

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.