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
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.
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
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

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

**ACROSS ARM STRETCH**
30 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 leg)

While standing, march in place bringing alternating knees up. This one is for cardio so go faster than the slow knee raise.
3-5 Rounds

**STEP UPS**
8 reps each leg

**HOME ITEM TWIST**
16 reps

**AIR SQUATS**
8 reps

- **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”.

- **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**
3-5 Rounds

**CAN HAMMER CURL**
- 8 reps

**BOOK PLATE ROW**
- 8 reps

**STANDING W PRESS**
- 8 reps

**HAMSTRING STRETCH**
- 8 reps each side

**HIGH PLANK HOLD**
- 20 seconds

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

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

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

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

Against a chair/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.
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.
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
FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

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**

**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.
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!