FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**STEP UPS**
8 reps each leg

**HOME ITEM TWIST**
16 reps

**AIR SQUAT**
8 reps

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

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

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

**REVERSE LUNGE**
8 reps each leg

**CAN FRONT RAISE**
8 Reps each arm

**CALF RAISES**
8 reps

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

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

Standing on ground or a step, raise up onto calves and hold for 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

**STAGGERED PUSHUP**
4 reps each side

**BENT OVER ROW**
8 Reps

**ARM CLAMS**
8 Reps

Against a wall, one arm lower and one at chest level, perform wall pushup. Don’t let elbows flare out to the side.

Get into a hip hinge position not rounding the back. Row two cans towards chest/stomach.

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

**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

Hip hinge position without rounding back. Lower down doing a deadlift and back up. Hinge at the hips not squatting!

**STANDING BIRD DOGS**
8 reps each side

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

**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. Slow!

**ARM CIRCLES**
10 big circles each direction

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

**HOME ITEM 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

**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. Great time to use your suitcase!
**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**

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**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

**STAIR STEP UPS**
10 reps each leg

**CAN HAMMER CURL**
10 reps

**WALL ARM STRETCH**
30 seconds each side

**KNEE MARCH**
5 reps each leg

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

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

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

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

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.
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