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.
### FIT 4 LIFE
#### WEDNESDAY WORKOUT

**Home/Bodyweight**

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**Instructions:**

- **Reverse Lunge:** 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:** Hold cans while standing. Raise one arm up to shoulder height. Lower down and repeat with other arm.
- **Calf Raises:** Standing on ground or a step, raise up onto calves and hold 1-2 seconds. Lower slowly and repeat.
- **Lunge Stretch:** Step forward into a half lunge and raise arms above head stretching hips and torso.
- **Single Arm Tricep:** 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

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 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”
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.
FIT 4 LIFE
FRIDAY 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.

**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.
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