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.
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.
FIT 4 LIFE
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

**STEP UPS**
8 reps each leg

Step up onto a chair or stair 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

**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 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
# HOME/BODYWEIGHT

## FIT 4 LIFE

### MONDAY WORKOUT

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ONE ARM ROW w/CAN</strong></td>
<td>3-5</td>
<td>8 reps</td>
</tr>
<tr>
<td><strong>CAN SWITCH CURLS</strong></td>
<td>3-5</td>
<td>8 reps</td>
</tr>
<tr>
<td><strong>AIR DEADLIFT</strong></td>
<td>3-5</td>
<td>8 reps</td>
</tr>
<tr>
<td><strong>STANDING BIRD DOGS</strong></td>
<td>3-5</td>
<td>8 reps</td>
</tr>
<tr>
<td><strong>3 POINT TAP BALANCE</strong></td>
<td>3-5</td>
<td>2x reps</td>
</tr>
</tbody>
</table>

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**ONE ARM ROW w/CAN**

With one arm on a chair/table, get into hip hinge and row with opposite arm. Keep elbow tight to body.

**CAN SWITCH CURLS**

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

**AIR DEADLIFT**

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

**STANDING BIRD DOGS**

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

**3 POINT TAP BALANCE**

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!