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

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 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.
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.