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 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