**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”
FIT 4 LIFE
WEDNESDAY WORKOUT

HOME/BODYWEIGHT

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.
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.