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.
**FIT 4 LIFE**

**FRIDAY WORKOUT**

**HOME/BODYWEIGHT**

**3-5 Rounds**

- **CAN HAMMER CURL**
  - 8 Reps

- **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