**FIT 4 LIFE**
**MONDAY WORKOUT**

**HOME/BODYWEIGHT**

3-5 Rounds

**CAN SIDE BENDS**
6 Reps Each Side

Hold a can on one side of body and bend down keeping can close to body. Straighten back up and repeat. Keep core tight throughout movement.

**CAN DEADLIFTS**
12 Reps

Get into hip hinge position without rounding back. Lower weights down by hinging at the hip and stand back up. Knees slightly bent.

**CAN SHOULDER PRESS**
12 Reps

While standing, press cans up overhead. Palms can face out away from you or face in towards each other.

**SINGLE ARM ROW**
12 Reps Each Arm

Place a hand on a chair/table and row with opposite arm. Keep elbow tight and close to the body as you row. Squeeze shoulder blade.

**HIGH PLANK INCLINE**
15 Seconds

With straight arms hold a high plank (top of a pushup position). You can hold against something at an incline or on the ground.
From standing, take a side lunge to the side. On the bent leg, keep knee tracked over toe and sit the hips back.

Get into hip hinge without rounding back. From between legs, stand up swinging the item up. Swing to face height and repeat. Hinge during movement.

Place hand on the back of a chair and stand on one leg. Bend one knee bringing heel towards butt. Perform slowly.

While standing perform big arm hugs.

In a hip hinge position row books to chest/stomach. Squeeze shoulder blades while rowing.
FIT 4 LIFE
FRIDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

<table>
<thead>
<tr>
<th>FLUTTERS</th>
<th>LEG RAISES</th>
<th>GLUTE BRIDGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Reps</td>
<td>6 Reps</td>
<td>12 Reps</td>
</tr>
</tbody>
</table>

**FLUTTERS**

While laying down, small movements up and down with legs as straight as possible. Working core.

**LEG RAISES**

While laying down, move both legs up and down together keeping as straight as possible.

**GLUTE BRIDGE**

While laying down and knees bent, extend hips up squeezing glutes. Hold for 1-2 sec at top of movement before lowering back down.

**BOTH LEGS KNEE HUG**

30 Seconds

While laying down, hug both knees to chest

**KNEE TUCKS**

6 Reps

Sit with arms behind you and legs bent. Extend legs out and back in