

FIT 4 LIFE

MONDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

STEP UPS

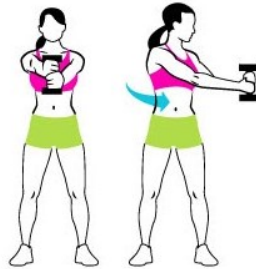
8 reps each leg



Step up onto a chair or stair step keeping knee tracked over toe

HOME ITEM TWIST

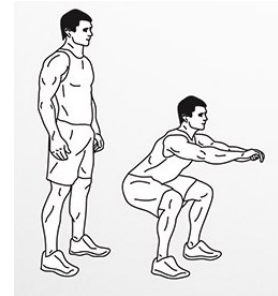
16 reps



Holding any item with straight arms, twist to side squeezing core, slowly move to other side

AIR SQUAT

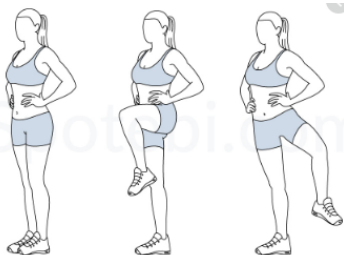
8 reps



Stand with feet hip width apart, squat down keeping knees over toes and heels down on the ground

HIP GATES OPEN

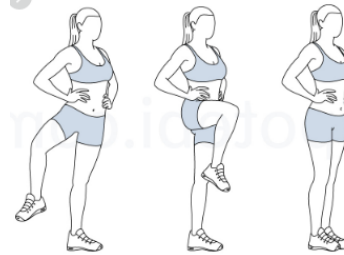
8 reps each side



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

REVERSE LUNGE

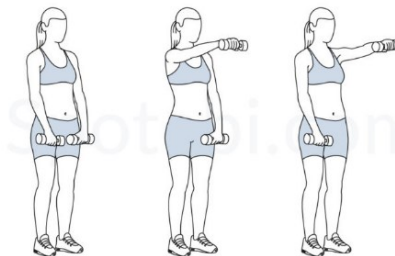
8 reps each leg



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

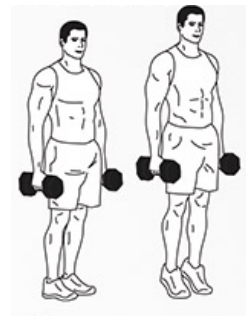
8 Reps each arm



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 for 1-2 seconds, lower slowly and repeat

LUNGE STRETCH

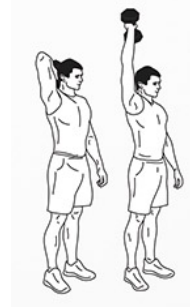
20 Seconds Each Side



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

FIT 4 LIFE

FRIDAY WORKOUT



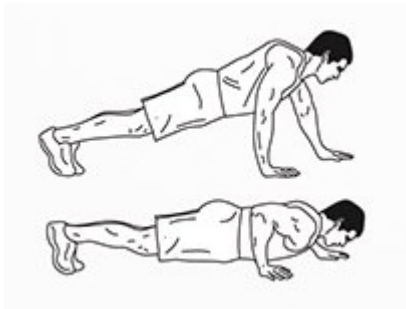
HOME/BODYWEIGHT



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 elbows 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