

FIT 4 LIFE

MONDAY WORKOUT



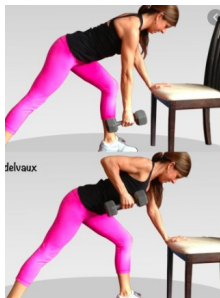
HOME/BODYWEIGHT



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 with opposite arm. Keep elbow tight to body

CAN SWITCH CURLS

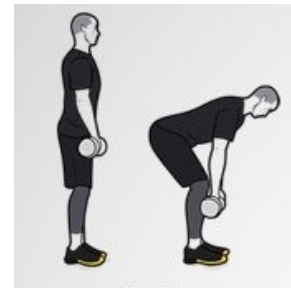
8 reps



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



Hip hinge position without rounding back. Lower down doing a deadlift and back up. Hinge at the hips not squatting!

STANDING BIRD DOGS

8 reps each side



While standing hold one arm up overhead. Bring arm down to opposite knee as it raises and 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

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WEDNESDAY WORKOUT



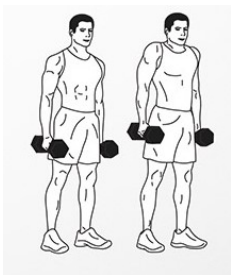
HOME/BODYWEIGHT



3-5 Rounds

CAN SHRUGS

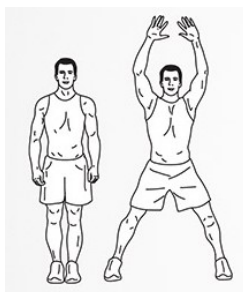
16 reps



Holding cans on side of body with arms straight. Shrug up keeping arms straight and hold at top for 1-2 seconds

STEPS or JUMPING JACKS

16 reps



Regular jumping jacks or do without a jump (step jacks)

DEAD BUGS

8 reps each side



Laying on back with arms up and knees bent. Extend one arm up overhead while extending opposite leg out straight. Repeat on other side. Slow!

ARM CIRCLES

10 big circles each direction



While standing, big arm circles going forward and then big arm circles going backwards

HOME ITEM UP & OUT

8 reps up, 8 reps out



Hold an item at chest level. Push item up overhead then back down to chest. Then push out away from chest and back in

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FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

LATERAL STAIR STEP

8 reps each leg



Stand sideways next to a stair step and step onto with inside foot. Lower back down and repeat

CAT/COW (stand or floor)

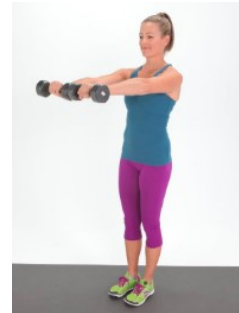
16 total reps



Working on spine mobility, curve back up and then stick chest out stretching the opposite way. Breathe and go slow

CAN FRONT HOLD

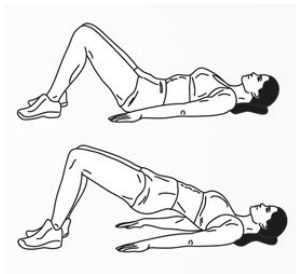
16 seconds



Hold two cans out in front with straight arms for 16 seconds

LYING GLUTE BRIDGE

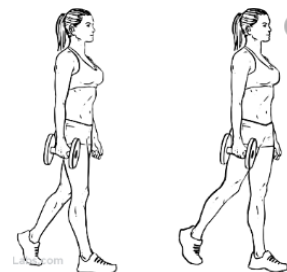
16 reps



Lying on back, extend hips up squeezing glutes/hamstrings. Hold for 1-2 seconds at top then lower and repeat

SUITCASE CARRY

30 steps each arm



Hold weight/home item on one side of the body and walk. Great time to use your suitcase!