

# FIT 4 LIFE

## MONDAY WORKOUT



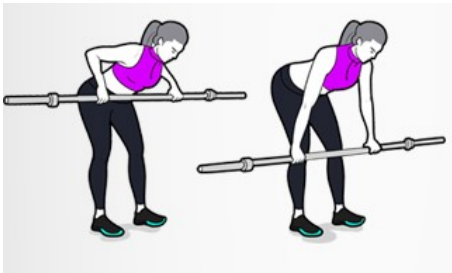
### HOME/BODYWEIGHT



### 3-5 Rounds

#### BROOM ROW

10 reps



Hold a broom in hip hinge position without rounding back. Row towards chest/stomach using back muscles

#### NEGATIVE CURLS

10 reps



Hold cans and perform bicep curl (slowly lower on the way down) and repeat

#### SINGLE LEG DEADLIFT

10 reps each leg



Use a wall or chair for balance assistance if needed. Hinge with one leg performing deadlift, back leg swings up and back behind you

#### SIDE REACH STRETCH

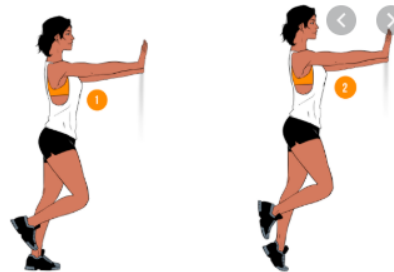
30 seconds each side



While standing hold one arm up overhead and reach across body/head and hold stretch

#### SINGLE LEG CALF RAISE

10 reps each leg



Use a wall or chair for balance assistance if needed. Raise up onto one foot performing calf raise. Hold for 1-2 seconds at top of movement

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## WEDNESDAY WORKOUT



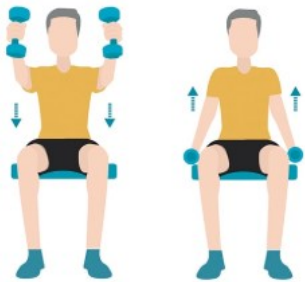
### HOME/BODYWEIGHT



### 3-5 Rounds

#### SEATED FRONT RAISE

10 reps



While sitting, hold cans and perform front shoulder raise. Hold for 1-2 seconds at shoulder height and lower back down

#### SIT TO STANDS FROM CHAIR

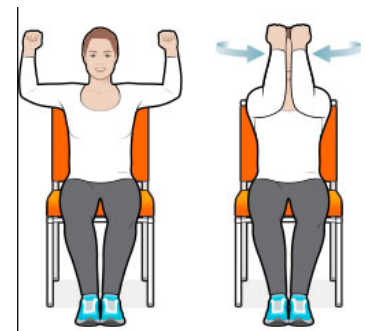
10 reps



From seated position, stand up without using arms for push assistance. You can hold something if you like. Make sure knees stay in line with feet (don't cave in)

#### SEATED L CLAMS

20 reps



While sitting, hold arms out and bent making an "L", bring together keeping the L shape throughout the movement

#### SEATED TWIST

10 twists each direction



While sitting, either holding a weight or with hands behind head, twist to one side squeezing your core/obliques, slowly turn to opposite side and repeat

#### KNEE EXTENSIONS

20 reps each leg



While seated in a chair, lift one leg up and extend until as straight as possible. Try to hold straight for 1-2 seconds before lowering

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## FRIDAY WORKOUT



### HOME/BODYWEIGHT



### 3-5 Rounds

#### SPLIT SQUAT

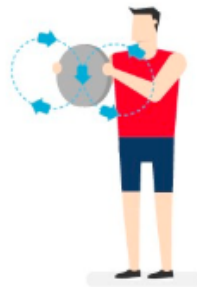
8 reps each leg



Use a chair or wall for balance assistance if needed. Get into split stance (lunge) position and do a lunge down and up. Keep front knee tracked over your toe

#### PLATE 8's

8 reps each direction



Hold any house item (or dinner plate) with arms straight. Make "8's" with the item using shoulders

#### SQUAT AND PRESS

8 reps



Hold cans at shoulder height and do a half squat down, after you come up, do a shoulder press with the cans

#### CHAIR LEG CURLS

16 reps each leg



Standing behind a chair, lift one leg up bending at knee and curl up towards butt. Slowly lower leg and repeat

#### HIGH PLANK HOLD

20 seconds



Either on the ground or against a stable surface, hold high plank (top of a pushup position). Keep core tight throughout