

FIT 4 LIFE

MONDAY WORKOUT



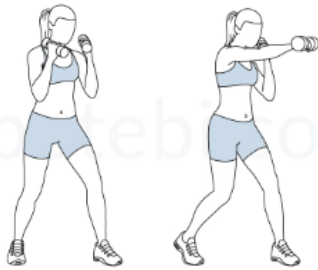
HOME/BODYWEIGHT



3-5 Rounds

CAN FORWARD PUNCH

10 reps each arm



While standing, hold cans at shoulder height and punch forward with one arm

STAIR STEP UPS

10 reps each leg



**Hold onto rails or wall for balance if needed. Step onto stair step then back down and repeat

CAN HAMMER CURL

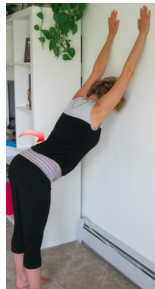
10 reps



While standing hold cans with palms facing in. Curl up with biceps and lower back to starting position

WALL ARM STRETCH

30 seconds each side



While standing in front of a wall place hands up against wall with arms as straight as possible. Lean back with hips stretching arms/back

KNEE MARCH

5 reps each leg



While standing, march knee up towards waist. If possible, go slow to work on balance and hip flexor strength

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WEDNESDAY WORKOUT



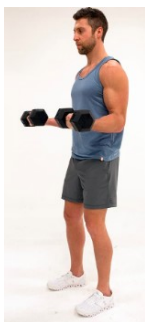
HOME/BODYWEIGHT



3-5 Rounds

CAN BICEP ISO HOLD

20 seconds



While standing, hold cans with arms at 90 degree angle flexing biceps. Hold this position for 20 seconds

SEATED KNEE EXTENSION HOLD

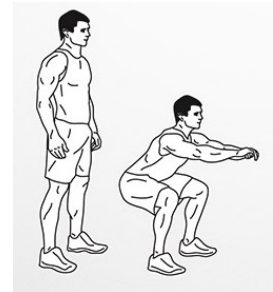
20 seconds each leg



While sitting, lift one leg up and extend until as straight as possible. Hold at top of movement for 20 seconds then repeat with other leg

AIR SQUATS

10 reps



While standing, squat down bending knees and sitting hips back. Keep heels on ground and knees tracking over toes

SINGLE LEG BALANCE

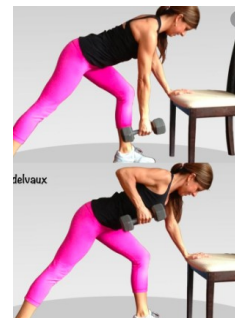
20 seconds each leg



Stand on one leg and balance. Stand next to wall/chair for balance if needed

SINGLE ARM CAN ROW

10 reps each arm



Using a chair, place one arm on chair edge and row with the other arm. Keep elbow tight to body

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FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

WALK or MARCH

30 Steps



Walk or march in place for 30 steps

WALL SIT

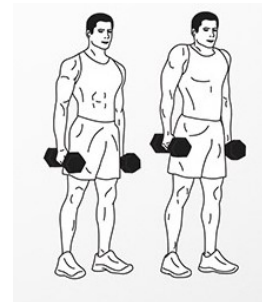
15 Seconds



Sit against wall with knees tracking over toes

CAN SHRUGS

12 Reps



Hold cans at sides with palms facing in. Shrug up with arms straight and hold for 1-2 seconds at the top

SINGLE ARM PRESS

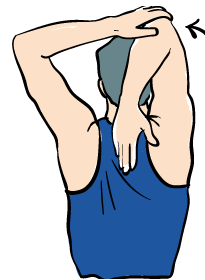
12 reps each arm



Holding one can or other items, push from shoulder to overhead. Once complete, repeat with other arm

TRICEP STRETCH

20 seconds each arm



Extend one arm up overhead and bend at elbow, grab elbow with opposite arm and pull towards you stretching the triceps