FIT 4 LIFE

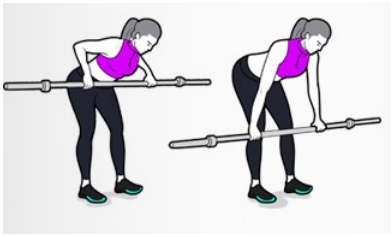
MONDAY WORKOUT

HOME/BODYWEIGHT

3-5 Rounds

BROOM ROW

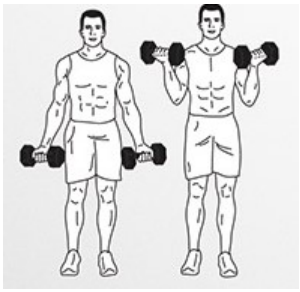
10 reps



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

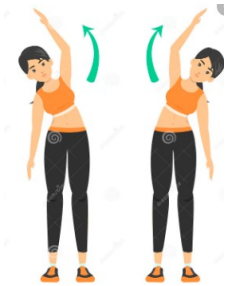
10 reps each leg



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

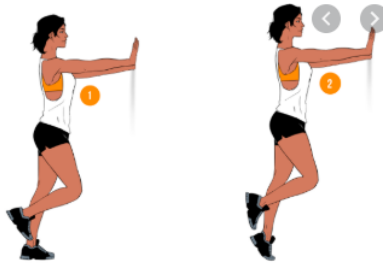
30 seconds each side



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

FIT 4 LIFE

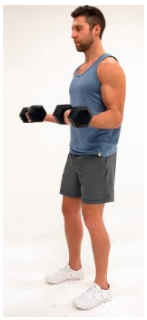
WEDNESDAY WORKOUT

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

SEATED KNEE EXTENSION HOLD

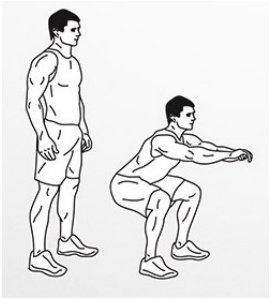
20 Seconds Each Leg



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 assistance if needed

SINGLE ARM CAN ROW

10 Reps Each Arm



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

FIT 4 LIFE

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

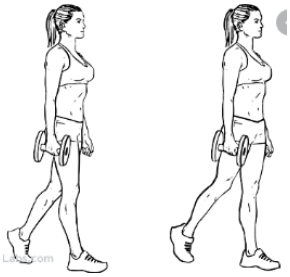
16 Reps



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. Use suitcase/duffel bag!