

FIT 4 LIFE

MONDAY WORKOUT



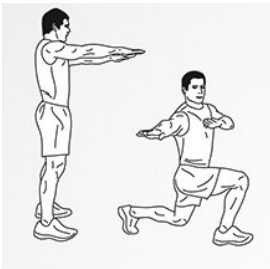
HOME/BODYWEIGHT



3-5 Rounds

LUNGE & TWIST

8 Reps (4 Each Side)



Hold book/home item in front of chest. Step forward in lunge and twist over bent leg. Return back to standing and repeat on other leg

HOME ITEM PUSH OUT

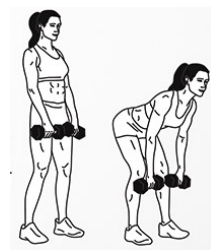
8 Reps



Hold book/home item in front of chest. Push out at chest level until arms are straight. Return back to chest

AIR DEADLIFT

8 Reps



Stand with feet hip width apart. Knees slightly bent. Hold arms straight down. Hinge at hips lowering hands. Should feel in hamstrings/glutes

ACROSS ARM STRETCH

20 Seconds Each Side



While standing, take one arm straight across body and pull to chest with opposite arm. Hold stretch then switch sides

KNEE MARCH

16 Reps (8 Each Side)



While standing, march in place bringing alternating knee up

FIT 4 LIFE

WEDNESDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

REVERSE LUNGE

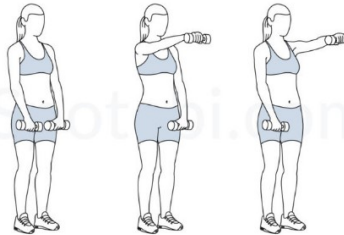
8 Reps Each Leg



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

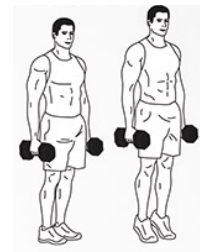
8 Reps Each Arm



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 1-2 seconds. Lower slowly and repeat

LUNGE STRETCH

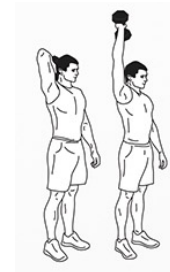
20 Seconds Each Side



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

CAN HAMMER CURL

8 Reps



Hold cans with palms facing in. Curl up towards chest using biceps/forearms. Keep palms facing in throughout movement

BOOK PLATE ROW

8 Reps



Get into hip hinge position without rounding back. Row book up to stomach/chest and lower back down

STANDING W PRESS

8 Reps



While standing, get arms into W position and raise up overhead. Return back to shoulder height

HAMSTRING STRETCH

8 Reps Each Side



One foot forward with toe up and leg straight. Sweep down by foot keeping balance

HIGH PLANK HOLD

20 Seconds



Against a chair/table, hold high plank position keeping core tight

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MONDAY WORKOUT



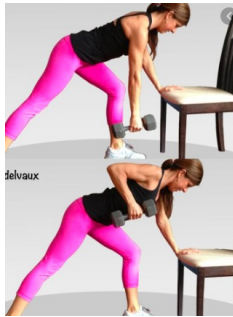
HOME/BODYWEIGHT



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 without opposite arm. Keep elbow tight to body

CAN SWITCH CURLS

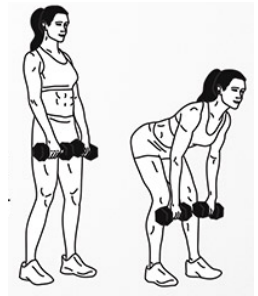
8 Reps



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



Stand with feet hip width apart and knees slightly bent. Hinge down without rounding back. Should feel in hamstrings/glutes

STANDING BIRD DOGS

8 Reps Each Side



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

FIT 4 LIFE

WEDNESDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

AIR SQUAT

8 Reps



Squat down keeping heels on ground and knees tracked over toes throughout movement

CAN ARNOLD PRESS

8 Reps



Hold cans at shoulder height with palms facing you. Twist palms out as you push up overhead. Twist back on way down

STEP UPS

8 Reps Each Leg



Step onto chair/step with one leg. Lower back down and repeat with opposite leg

TRICEP STRETCH

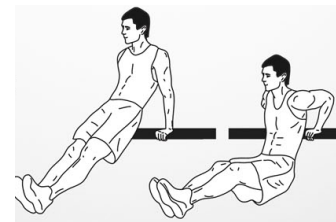
20 Seconds Each Side



Grab elbow with opposite arm overhead and pull back towards body stretching tricep (back of arm). Repeat on other side

BENCH DIPS

8 Reps



Sit on edge of chair and place hands behind. Dip body down and up. Keep back/butt close to bench when going up and down

FIT 4 LIFE

FRIDAY WORKOUT



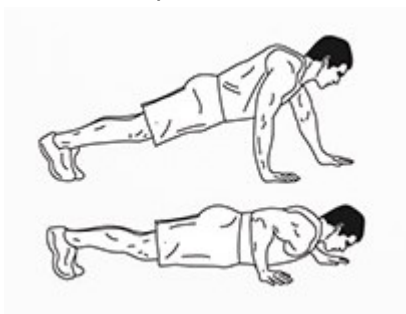
HOME/BODYWEIGHT



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 elbow 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

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MONDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

STEP UPS

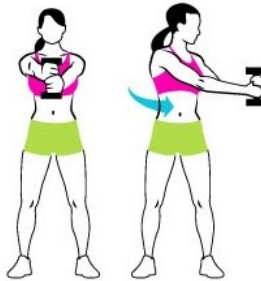
8 Reps Each Leg



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

HOME ITEM TWIST

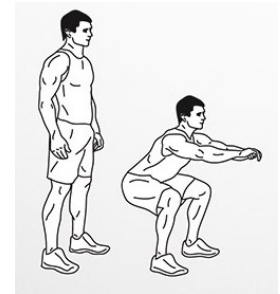
16 Reps



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

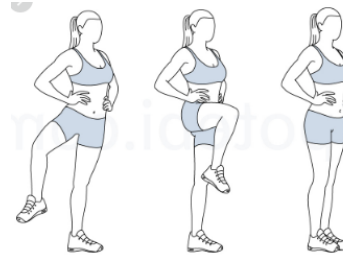
8 Reps Each Side



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

CAN BICEP ISO HOLD

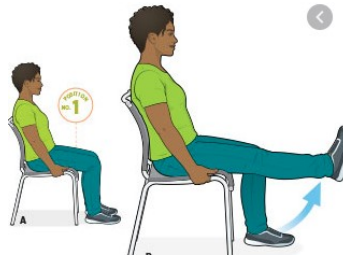
20 Seconds



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

SEATED KNEE EXT 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

WALL ARM STRETCH

20 Seconds



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

SINGLE LEG BALANCE

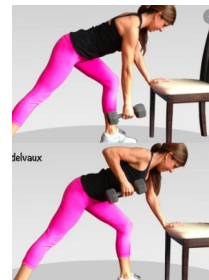
20 Seconds Each Leg



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 other arm. Keep elbow tight to body.

FIT 4 LIFE

FRIDAY WORKOUT



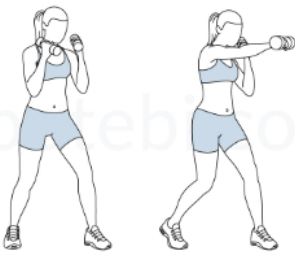
HOME/BODYWEIGHT



3-5 Rounds

CAN FORWARD PUNCH

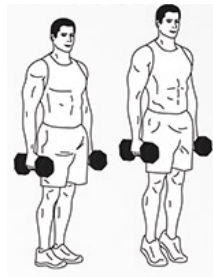
10 Reps Each Arm



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

CAN CALF RAISES

10 Reps Each Leg



While standing hold cans at sides with straight arms. Lift onto toes using calves and hold 1-2 seconds at top of movement. Lower and repeat

CAN HAMMER CURL

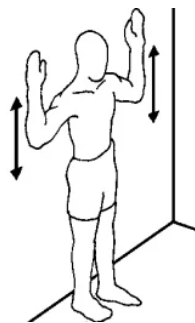
10 Reps



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

WALL ANGELS

10 Reps



Stand with back against a wall. Trying to keep arms in contact with wall, move up and down against wall

KNEE MARCH

10 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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HOME/BODYWEIGHT



3-5 Rounds

LUNGE & TWIST

8 Reps (4 Each Side)



Hold book/home item in front of chest. Step forward in lunge and twist over bent leg. Return back to standing and repeat on other leg

HOME ITEM PUSH OUT

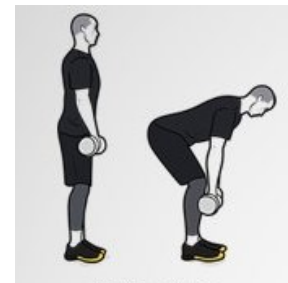
8 Reps



Hold book/home item in front of chest. Push out at chest level with until arms are straight. Return back to chest

AIR DEADLIFT

8 Reps



Stand with feet hip width apart. Knees slightly bent. Hold arms straight down. Hinge at hips lowering hands. Should feel in hamstrings/glutes.

ACROSS ARM STRETCH

20 Seconds Each Side



While standing, take one arm straight across body and pull to chest with opposite arm. Hold stretch then switch sides.

KNEE MARCH

16 Reps (8 Each Side)



While standing, march in place bringing alternating knees up.

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WEDNESDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

AIR SQUAT

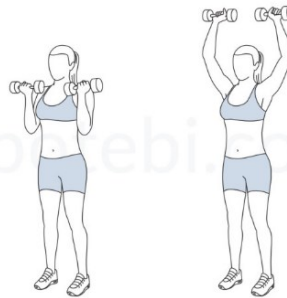
8 Reps



Squat down keeping heels on ground and knees tracked over toes throughout movement.

CAN ARNOLD PRESS

8 Reps



Hold cans at shoulder height with palms facing you. Twist palms out as you push up overhead. Twist back on way down.

STEP UPS

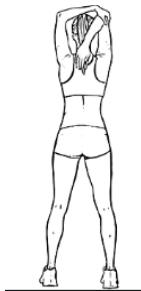
8 Reps each leg



Step onto chair/step with one leg. Lower back down and repeat with opposite leg.

TRICEP STRETCH

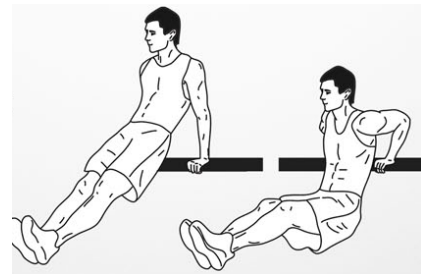
20 Seconds Each Side



Grab elbow with opposite arm overhead and pull back towards body stretching tricep (back of arm). Repeat on other side.

BENCH DIPS

8 Reps



Sit on edge of chair and place hands behind. Dip body down and up. Keep back/butt close to bench when going up/down.

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FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

CAN HAMMER CURL

8 Reps



Hold cans with palms facing in. Curl up towards chest using biceps/forearms. Keep palms facing in throughout movement.

BOOK PLATE ROW

8 Reps



Get into hip hinge position not rounding back. Row book up to stomach/chest and lower back down.

STANDING W Press

8 Reps



While standing, get arms into W position and raise up overhead. Return back to shoulder height

HAMSTRING STRETCH

8 Reps each side



One foot forward with toe up and leg straight. Sweep down by foot keeping balance.

HIGH PLANK HOLD

20 seconds



Against a chair/table, hold high plank position keeping core tight

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MONDAY WORKOUT



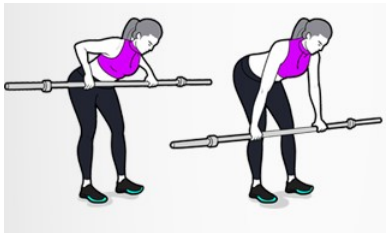
HOME/BODYWEIGHT



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

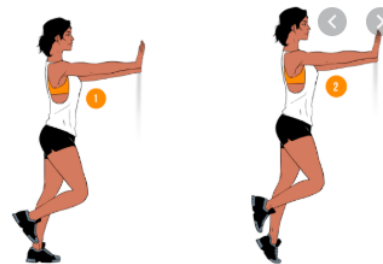
30 seconds each side



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

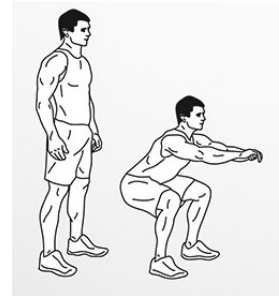
20 Seconds Each Leg



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

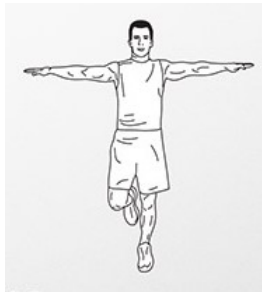
10 Reps



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

SINGLE LEG BALANCE

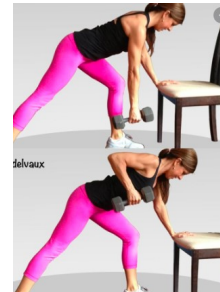
20 Seconds Each Leg



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 chair 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

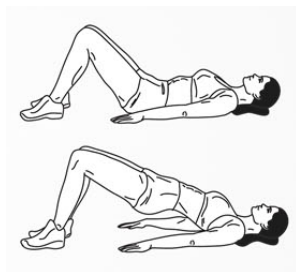
16 Seconds



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

LYING GLUTE BRIDGE

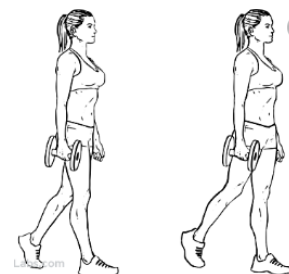
16 Reps



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!

FIT 4 LIFE

MONDAY WORKOUT



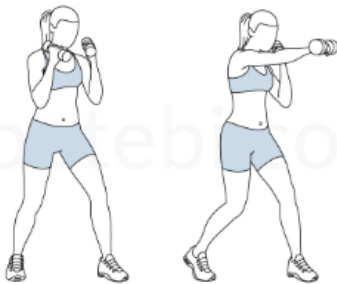
HOME/BODYWEIGHT



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 and 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



While standing in front of 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

FIT 4 LIFE

WEDNESDAY WORKOUT



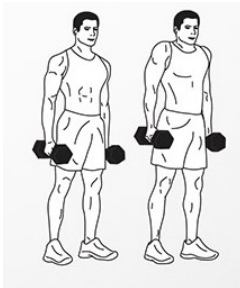
HOME/BODYWEIGHT



3-5 Rounds

CAN SHRUGS

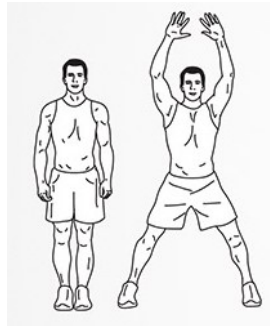
16 Reps



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. Go slow

ARM CIRCLES

10 Big Circles Each Direction



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

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

FIT 4 LIFE

FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

SPLIT SQUAT

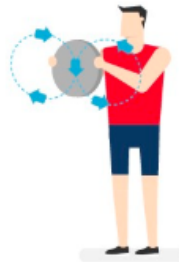
8 Reps Each Leg



Use a chair or wall for balance 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 (to p of pushup position). Keep core tight throughout

FIT 4 LIFE

MONDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

SINGLE LOADED SQUAT

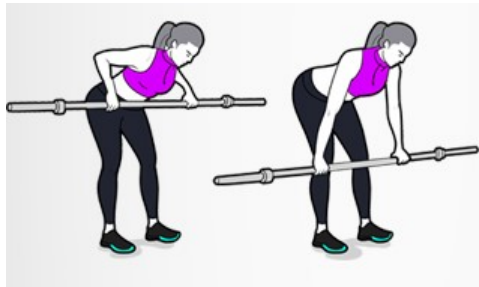
6 Reps Each Side



Hold a can with one arm at shoulder height and squat down. Do 6 reps and repeat on other side. Try to keep balanced throughout the movement

BROOM ROW

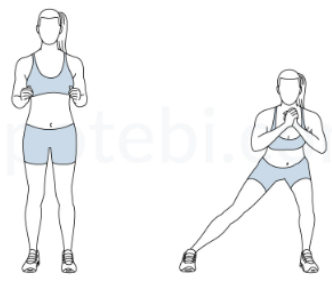
12 Reps



Get into hip hinge position without rounding back. Row broom to chest/stomach squeezing shoulder blades at the top of the movement

LATERAL LUNGE

6 Reps Each Side



From standing, take a side step and lunge onto one leg (keep knee tracked over toe on the leg that is bending). Sit the hips back

LYING KNEE HUG

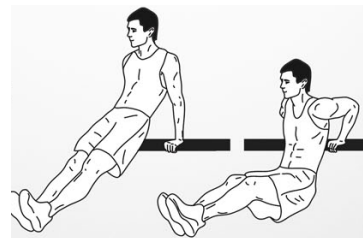
30 Seconds Each Leg



From a lying position, grab one knee and hug for 30 seconds

COUCH/CHAIR DIPS

12 Reps



From a seated position on couch or chair, place hands behind you and dip body down using triceps to perform movement. Keep body close to chair and bend knees. Use a sturdy chair!

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WEDNESDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

HAMMER CURLS

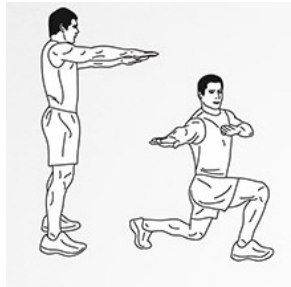
10 Reps



Hold cans on side of body with palms facing in. Curl up using biceps and lower back down

LUNGE AND TWIST

5 Reps Each Leg



Take a step forward into a lunge (knee tracks over toe) and twist over the bent leg slowly. Keep your balance throughout

SINGLE ARM PRESS

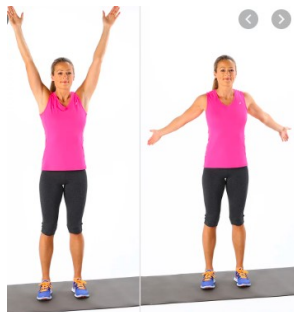
10 Reps Each Arm



Hold a can at shoulder height with one arm and press overhead

OPPOSITE CIRCLES

10 Each Direction



Do arm circles but have one arm going forward and one arm going backwards! Harder that it sounds!

AIR SQUAT

10 Reps



From a standing position, squat down with heels on the ground, knees tracking over toes, and hips pushing back.

FIT 4 LIFE

FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

STEAM ENGINES

12 Reps



From standing with hands behind head, raise knee to opposite elbow. You can go fast for cardio or slow for a core workout

WALL PUSHUP or PUHSUP

6 Reps



Perform a pushup against the wall or on the ground (from the knees is okay too). Keep elbows from flaring directly out to the sides

CAN T RAISES

6 Reps



In a hip hinge position without rounding back, raise arms into a "T" position squeezing shoulder blades/upper back

SQUAT HOLD

10 Seconds



Hold a squat position at a level you are comfortable for 10 seconds. Keep heels on the ground and knees tracking over toes

SINGLE ARM OH HOLD

10 Seconds Each Arm



Hold a can or other item overhead with one arm and arm fully extended. Hold that position for 10 seconds then switch arms.

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MONDAY WORKOUT



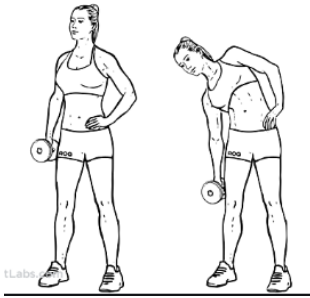
HOME/BODYWEIGHT



3-5 Rounds

CAN SIDE BENDS

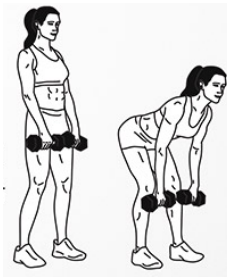
6 Reps Each Side



Hold a can on one side of body and bend down keeping can close to body. Straighten back up and repeat. Keep core tight throughout movement

CAN DEADLIFTS

12 Reps



Get into hip hinge position without rounding back. Lower weights down by hinging at the hip and stand back up. Knees slightly bent

CAN SHOULDER PRESS

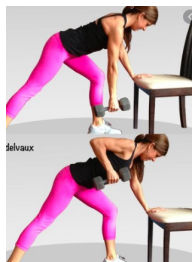
12 Reps



While standing, press cans up overhead. Palms can face out away from you or face in towards each other

SINGLE ARM ROW

12 Reps Each Arm



Place a hand on a chair/table and row with opposite arm. Keep elbow tight and close to the body as you row. Squeeze shoulder blade

HIGH PLANK INCLINE

15 Seconds



With straight arms hold a high plank (top of a pushup position). You can hold against something at an incline or on the ground

FIT 4 LIFE

WEDNESDAY WORKOUT



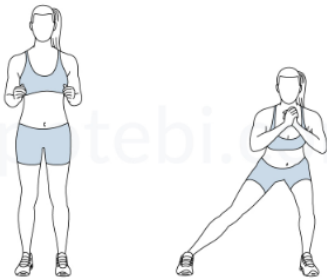
HOME/BODYWEIGHT



3-5 Rounds

LATERAL LUNGE

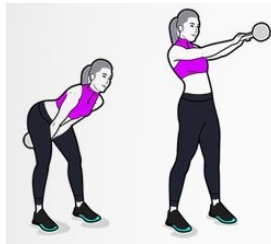
5 Reps Each Leg



From standing, take a side lunge to the side. On the bent leg, keep knee tracked over toe and sit the hips back

DETERGENT SWINGS

10 Reps



Get into hip hinge without rounding back. From between legs, stand up swinging the item up. Swing to face height and repeat. Hinge during movement

STANDING KNEE CURL

10 Reps Each Leg



Place hand on the back of a chair and stand on one leg. Bend one knee bringing heel towards butt. Perform slowly

ARM HUGS

10 Reps



While standing perform big arm hugs

BOOK ROW

10 Reps



In a hip hinge position row books to chest/stomach. Squeeze shoulder blades while rowing

FIT 4 LIFE

FRIDAY WORKOUT



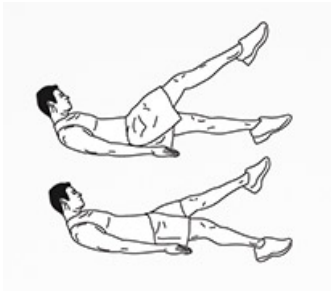
HOME/BODYWEIGHT



3-5 Rounds

FLUTTERS

12 Reps



While laying down, small movements up and down with legs as straight as possible. Working core.

LEG RAISES

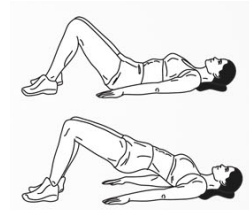
6 Reps



While laying down, move both legs up and down together keeping as straight as possible

GLUTE BRIDGE

12 Reps



While laying down and knees bent, extend hips up squeezing glutes. Hold for 1-2 sec at top of movement before lowering back down

BOTH LEGS KNEE HUG

30 Seconds



While laying down, hug both knees to chest

KNEE TUCKS

6 Reps



Sit with arms behind you and legs bent. Extend legs out and back in

FIT 4 LIFE

MONDAY WORKOUT



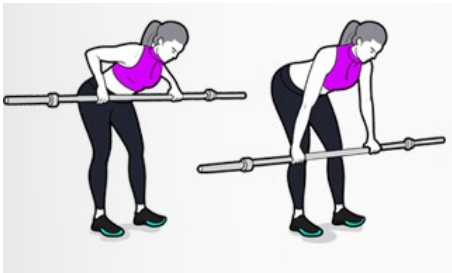
HOME/BODYWEIGHT



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

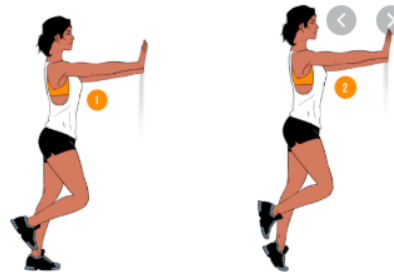
30 seconds each side



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



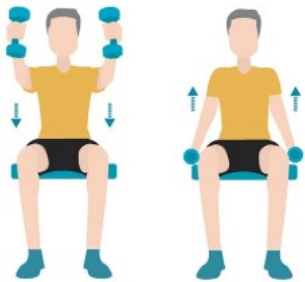
HOME/BODYWEIGHT



3-5 Rounds

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

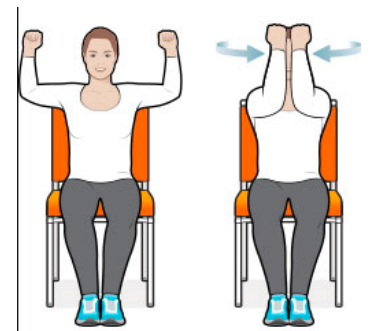
10 reps



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

FIT 4 LIFE

FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

SPLIT SQUAT

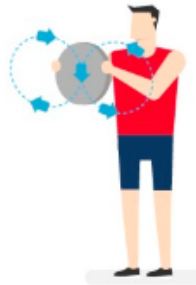
8 reps each leg



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

FIT 4 LIFE

MONDAY WORKOUT



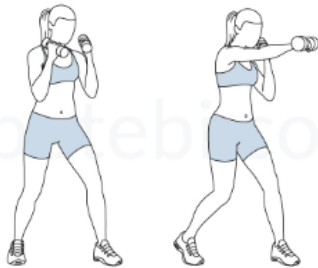
HOME/BODYWEIGHT



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

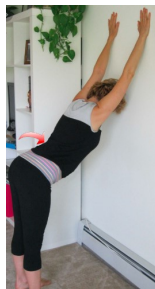
10 reps



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

FIT 4 LIFE

WEDNESDAY WORKOUT



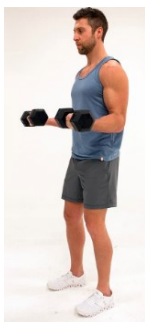
HOME/BODYWEIGHT



3-5 Rounds

CAN BICEP ISO HOLD

20 seconds



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

SEATED KNEE EXTENSION HOLD

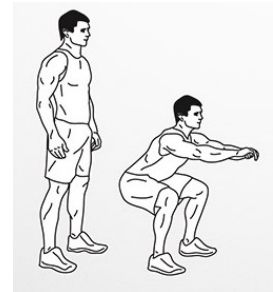
20 seconds each leg



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

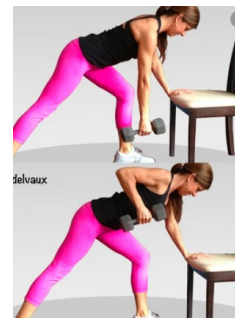
20 seconds each leg



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

FIT 4 LIFE

FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

WALK or MARCH

30 Steps



Walk or march in place for 30 steps

WALL SIT

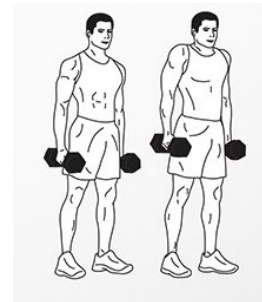
15 Seconds



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

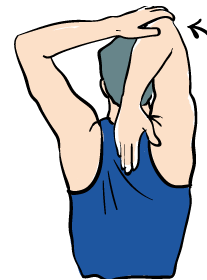
12 reps each arm



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

FIT 4 LIFE

MONDAY WORKOUT



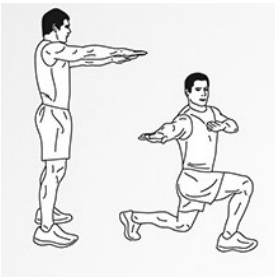
HOME/BODYWEIGHT



3-5 Rounds

LUNGE & TWIST

8 Reps (4 Each Side)



Hold book/home item in front of chest. Step forward in lunge and twist over bent leg. Return back to standing and repeat on other leg

HOME ITEM PUSH OUT

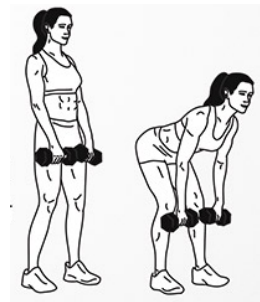
8 reps



Hold book/home item in front of chest. Push out at chest level until arms are straight. Return back to chest

AIR DEADLIFT

8 reps



Stand with feet hip width apart and knees slightly bent. Hinge down without rounding back. Should feel in hamstrings/glutes

ACROSS ARM STRETCH

30 seconds each side



While standing, take one arm straight across body and pull to chest with opposite arm. Hold stretch then switch sides

KNEE MARCH

16 reps (8 each leg)



While standing, march in place bringing alternating knees up. This one is for cardio so go faster than the slow knee raise

FIT 4 LIFE

WEDNESDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

STEP UPS

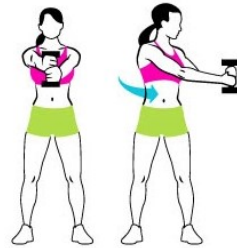
8 reps each leg



Step up onto a 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 SQUATS

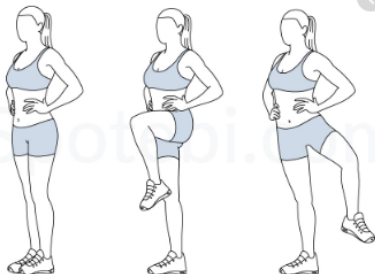
8 reps



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

HIP GATES OPEN

8 reps each side



Stand next to 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

FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

CAN HAMMER CURL

8 reps



Hold cans with palms facing in.. Curl up towards chest using biceps/forearms. Keep palms facing in throughout movement.

BOOK PLATE ROW

8 reps



Get into hip hinge position not rounding back. Row book up to stomach/chest and lower back down.

STANDING W PRESS

8 reps



While standing, get arms into W position and raise up overhead. Return back to shoulder height

HAMSTRING STRETCH

8 reps each side



One foot forward with toe up and leg straight. Sweep down by foot keeping balance

HIGH PLANK HOLD

20 seconds



Against a chair/table, hold high plank position keeping core tight

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

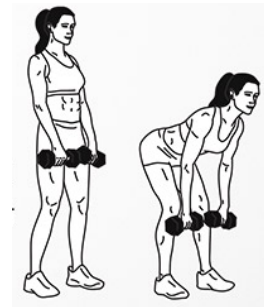
8 reps



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



Stand with feet hip width apart and knees slightly bent. Hinge down without rounding back. Should feel in hamstrings/glutes

STANDING BIRD DOGS

8 Reps Each Side



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

FIT 4 LIFE

WEDNESDAY WORKOUT



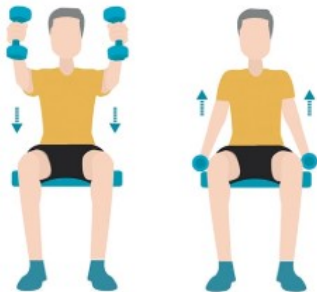
HOME/BODYWEIGHT



3-5 Rounds

SEATED FRONT RAISE

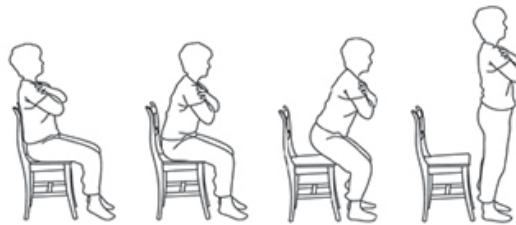
10 Reps



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

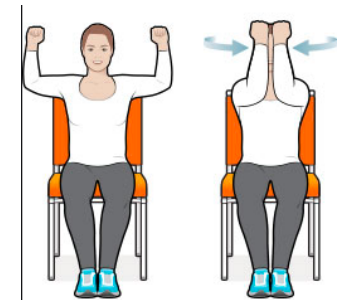
10 Reps



From seated position, stand up without using arms for push assistance. You can hold something if you like. Make sure your 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

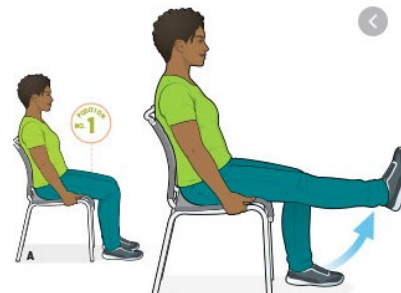
10 Twists Each Direction



While sitting and holding something, 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

FIT 4 LIFE

FRIDAY WORKOUT



HOME/BODYWEIGHT



3-5 Rounds

WALK or MARCH

30 Steps



Walk or march in place for 30 steps

WALL SIT

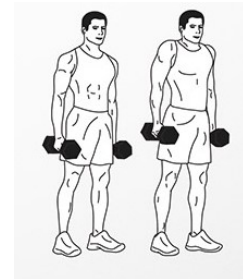
15 Seconds



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 item, 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