

# The 8-Week Calisthenics For Seniors Program Workout Sheets

## Week 1

Note: walk 60-120 minutes per week. This can be broken up into different days -- in fact, we recommend it that way.  
Try walking 10-20 minutes a day to get to your goal time.

[Neck stretch \(forward\)](#)

10 sec

Neck stretch (left)

10 sec

Neck stretch (right)

10 sec

[Shoulder rolls \(forward\)](#)

10 rep

Shoulder rolls (backward)

10 rep

[Arm Circles \(small, forward\)](#)

10 rep

Arm Circles (small, backward)

10 rep

[Arm Circles \(big, forward\)](#)

10 rep

Arm Circles (big, backward)

10 rep

Monday  
Or  
Tuesday

<a href="#">Behind-the-neck towel stretch (left)</a>	30 sec
Behind-the-neck towel stretch (right)	30 sec
<a href="#">Calf stretch w/ wall (left)</a>	5 rep, 10 sec each
Calf stretch w/ wall (right)	5 rep, 10 sec each
<a href="#">Quad stretch (left)</a>	5 rep, 3 sec each
Quad stretch (right)	5 rep, 3 sec each
<a href="#">Knee hugs in chair (left)</a>	5 rep, 5 sec each
Knee hugs in chair (right)	5 rep, 5 sec each
<a href="#">Bodyweight half squats</a>	5 rep
Bodyweight half squats	5 rep
Bodyweight half squats	5 rep
<a href="#">Hip bridge on ground</a>	3 rep, 3 sec each
<a href="#">Trunk twists</a>	5 rep, 2 sec each side

		<a href="#">Neck stretch (forward)</a>	10 sec	
		Neck stretch (left)	10 sec	
		Neck stretch (right)	10 sec	
		<a href="#">Shoulder rolls (forward)</a>	10 rep	
		Shoulder rolls (backward)	10 rep	
		<a href="#">Arm Circles (small, forward)</a>	10 rep	
		Arm Circles (small, backward)	10 rep	
		<a href="#">Arm Circles (big, forward)</a>	10 rep	
		Arm Circles (big, backward)	10 rep	
		<a href="#">Behind-the-neck towel stretch (left)</a>	30 sec	
		Behind-the-neck towel stretch (right)	30 sec	
	Wednesday Or Thursday	<a href="#">Calf stretch w/ wall (left)</a>	5 rep, 10 sec each	
		Calf stretch w/ wall (right)	5 rep, 10 sec each	
		<a href="#">Quad stretch (left)</a>	5 rep, 3 sec each	
		Quad stretch (right)	5 rep, 3 sec each	

	<a href="#">Knee hugs in chair (left)</a>	5 rep, 5 sec each
	Knee hugs in chair (right)	5 rep, 5 sec each
	<a href="#">Bodyweight half squats</a>	5 rep
	Bodyweight half squats	5 rep
	Bodyweight half squats	5 rep
	<a href="#">Hip bridge on ground</a>	3 rep, 3 sec each
	<a href="#">Trunk twists</a>	5 rep, 2 sec each side
	<a href="#">Neck stretch (forward)</a>	10 sec
	Neck stretch (left)	10 sec
	Neck stretch (right)	10 sec
	<a href="#">Shoulder rolls (forward)</a>	10 rep
	Shoulder rolls (backward)	10 rep
	<a href="#">Arm Circles (small, forward)</a>	10 rep
	Arm Circles (small, backward)	10 rep

Friday  
Or  
Saturday

<a href="#">Arm Circles (big, forward)</a>	10 rep
Arm Circles (big, backward)	10 rep
<a href="#">Behind-the-neck towel stretch (left)</a>	30 sec
Behind-the-neck towel stretch (right)	30 sec
<a href="#">Calf stretch w/ wall (left)</a>	5 rep, 10 sec each
Calf stretch w/ wall (right)	5 rep, 10 sec each
<a href="#">Quad stretch (left)</a>	5 rep, 3 sec each
Quad stretch (right)	5 rep, 3 sec each
<a href="#">Knee hugs in chair (left)</a>	5 rep, 5 sec each
Knee hugs in chair (right)	5 rep, 5 sec each
<a href="#">Bodyweight half squats</a>	5 rep
Bodyweight half squats	5 rep
Bodyweight half squats	5 rep
<a href="#">Hip bridge on ground</a>	3 rep, 3 sec each
<a href="#">Trunk twists</a>	5 rep, 2 sec each side