

# The 8-Week Calisthenics For Seniors Program Workout Sheets

## Week 3

<a href="#">Wall Pushes</a>	6 rep
Wall Pushes	6 rep
Wall Pushes	6 rep
<a href="#">Leg kick in chair (left)</a>	6 rep
<a href="#">Leg kick in chair (right)</a>	6 rep
Leg kick in chair (left)	6 rep
Leg kick in chair (right)	6 rep
Leg kick in chair (left)	6 rep
Leg kick in chair (right)	6 rep
<a href="#">Bodyweight squats w/chair assistance</a>	5 rep
Bodyweight squats w/chair assistance	5 rep

Monday

Bodyweight squats w/chair assistance	5 rep		
<a href="#">Self arm wrestling (left)</a>	20 sec		
<a href="#">Self arm wrestling (right)</a>	20 sec		
Self arm wrestling (left)	20 sec		
Self arm wrestling (right)	20 sec		
Self arm wrestling (left)	20 sec		
Self arm wrestling (right)	20 sec		
<a href="#">Palm pushes</a>	20 sec		
Palm pushes	20 sec		
Palm pushes	20 sec		
<a href="#">Field goal pushes</a>	20 sec		
Field goal pushes	20 sec		
Field goal pushes	20 sec		
<a href="#">Calf raises w/ chair</a>	20 sec		
Calf raises w/ chair	20 sec		

		Calf raises w/ chair	20 sec		
		<u>High wall sits</u>	15 sec		
		High wall sits	15 sec		
		High wall sits	15 sec		
			Set 1	Set 2	Set 3
		<u>Arm raises (arms out in front)</u>	30 sec	30 sec	30 sec
		<u>Arm raises (arms out to side)</u>	30 sec	30 sec	30 sec
		<u>Seated bicycles</u>	20 sec	20 sec	20 sec
		<u>Marching in place</u>	30 sec	30 sec	30 sec
		<u>Sit to stand in chair</u>	20 sec	20 sec	20 sec
		<u>Step forward jumping jacks</u>	30 sec	30 sec	30 sec
		<u>Pull down w/ knee up in chair (alternating knees)</u>	20 sec	20 sec	20 sec
		<u>Side step jumping jacks</u>	30 sec	30 sec	30 sec
		<u>Toe taps in chair</u>	30 sec	30 sec	30 sec

Wednesday

			Set 1	Set 2
		<a href="#">Standing on one foot (one hand on chair) (left)</a>	5 rep, 5 sec each	5 rep, 5 sec each
		<a href="#">Standing on one foot (one hand on chair) (right)</a>	5 rep, 5 sec each	5 rep, 5 sec each
		<a href="#">Trunk twists in chair (left)</a>	4 rep, 5 sec each	4 rep, 5 sec each
		<a href="#">Trunk twists in chair (right)</a>	4 rep, 5 sec each	4 rep, 5 sec each
		<a href="#">One-legged chair touches (left)</a>	5 rep	5 rep
		<a href="#">One-legged chair touches (right)</a>	5 rep	5 rep
		One-legged chair touches (left)	5 rep	5 rep
		One-legged chair touches (right)	5 rep	5 rep
		<a href="#">Back leg raises (hands on chair) (left)</a>	6 rep	6 rep
		Back leg raises (hands on chair) (right)	6 rep	6 rep
		Back leg raises (hands on chair) (left)	6 rep	6 rep
		Back leg raises (hands on chair) (right)	6 rep	6 rep
	Friday	<a href="#">Side leg raises (hands on chair) (left)</a>	6 rep	6 rep
		Side leg raises (hands on chair) (right)	6 rep	6 rep
		Side leg raises (hands on chair) (left)	6 rep	6 rep


Side leg raises (hands on chair) (right)	6 rep	6 rep	
<u>Body circles (sitting in chair)</u> (clockwise)	6 rep	6 rep	
<u>Body circles (sitting in chair)</u> (counter clockwise)	6 rep	6 rep	
Body circles (sitting in chair) (clockwise)	6 rep	6 rep	
Body circles (sitting in chair) (counter clockwise)	6 rep	6 rep	
<u>Toe reaches</u> (sitting in chair) (left)	20 sec	20 sec	
Toe reaches (sitting in chair) (right)	20 sec	20 sec	
<u>Wall pushes (left)</u>	20 sec	20 sec	
Wall pushes (right)	20 sec	20 sec	