The 8-Week Calisthenics For Seniors Program Workout Sheets

Week 4

Wall Pushes	6 rep
Wall Pushes	6 rep
Wall Pushes	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
Leg kick in chair (left)	6 rep
Leg kick in chair (right)	6 rep
Bodyweight squats w/chair assistance	5 rep
Bodyweight squats w/chair assistance	5 rep

Monday	Bodyweight squats w/chair assistance	5 rep			
	Self arm wrestling (left)	20 sec			
	Self arm wrestling (right)	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			
	Palm pushes	20 sec			
	Palm pushes	20 sec			
	Palm pushes	20 sec			
	Field goal pushes	20 sec			
	Field goal pushes	20 sec			
	Field goal pushes	20 sec			
	Calf raises w/ chair	20 sec			
	Calf raises w/ chair	20 sec			

Calf raises w/ chair	20 sec			
High wall sits	15 sec			
High wall sits	15 sec			
High wall sits	15 sec			

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

		Set 1	Set 2
Friday	Standing on one foot (one hand on chair) (left)	5 rep, 5 sec each	5 rep, 5 sec each
	Standing on one foot (one hand on chair) (right)	5 rep, 5 sec each	5 rep, 5 sec each
	Trunk twists in chair (left)	4 rep, 5 sec each	4 rep, 5 sec each
	Trunk twists in chair (right)	4 rep, 5 sec each	4 rep, 5 sec each
	One-legged chair touches (left)	5 rep	5 rep
	One-legged chair touches (right)	5 rep	5 rep
	One-legged chair touches (left)	5 rep	5 rep
	One-legged chair touches (right)	5 rep	5 rep
	Back leg raises (hands on chair) (left)	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
	Side leg raises (hands on chair) (left)	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	
		Body circles (sitting in chair) (clockwise)	6 rep	6 rep	
		Body circles (sitting in chair) (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	
		Toe reaches (sitting in chair) (left)	20 sec	20 sec	
		Toe reaches (sitting in chair) (right)	20 sec	20 sec	
		Wall pushes (left)	20 sec	20 sec	
		Wall pushes (right)	20 sec	20 sec	