

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
		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
	Wednesday	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
		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
	Friday	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