

# The 8-Week Calisthenics For Seniors Program Workout Sheets

## Week 5

<a href="#">Push ups on knees</a>	5 rep
Push ups on knees	5 rep
Push ups on knees	5 rep
<a href="#">Self arm wrestling (left)</a>	30 sec
<a href="#">Self arm wrestling (right)</a>	30 sec
Self arm wrestling (left)	30 sec
Self arm wrestling (right)	30 sec
Self arm wrestling (left)	30 sec
Self arm wrestling (right)	30 sec
<a href="#">Palm pushes</a>	30 sec
Palm pushes	30 sec





			Set 1	Set 2
		<a href="#">Standing on one foot (left)</a>	8 sec	8 sec
		Standing on one foot (right)	8 sec	8 sec
		<a href="#">Trunk twists in chair</a>	5 sec per side	5 sec per side
		Trunk twists in chair	5 sec per side	5 sec per side
		Trunk twists in chair	5 sec per side	5 sec per side
		Trunk twists in chair	5 sec per side	5 sec per side
		<a href="#">One-legged chair touches (left)</a>	7 rep	7 rep
		One-legged chair touches (right)	7 rep	7 rep
		<a href="#">Back leg raises (hands on chair) (left)</a>	8 rep	8 rep
		Back leg raises (hands on chair) (right)	8 rep	8 rep
		<a href="#">Side leg raises (hands on chair) (left)</a>	8 rep	8 rep
		Side leg raises (hands on chair) (right)	8 rep	8 rep
		<a href="#">Body circles (clockwise)</a>	8 rep	8 rep
		Body circles (counter clockwise)	8 rep	8 rep
		<a href="#">Toe reaches (sitting in chair) (left)</a>	30 sec	30 sec

Friday

	Toe reaches (sitting in chair) (right)	30 sec	30 sec	
	<a href="#">Wall pushes (left)</a>	15 sec	15 sec	
	Wall pushes (right)	15 sec	15 sec	