

The 8-Week Calisthenics For Seniors Program Workout Sheets

Week 5

Push ups on knees	5 rep
Push ups on knees	5 rep
Push ups on knees	5 rep
Self arm wrestling (left)	30 sec
Self arm wrestling (right)	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
Palm pushes	30 sec
Palm pushes	30 sec

Monday

Palm pushes	30 sec		
<u>Field goal pushes</u>	3 sec		
Field goal pushes	3 sec		
Field goal pushes	3 sec		
<u>Calf raises (no chair)</u>	20 sec		
Calf raises (no chair)	20 sec		
Calf raises (no chair)	20 sec		
<u>Leg kick in chair w/ 1 second hold (left)</u>	5 rep		
Leg kick in chair w/ 1 second hold (right)	5 rep		
Leg kick in chair w/ 1 second hold (left)	5 rep		
Leg kick in chair w/ 1 second hold (right)	5 rep		
Leg kick in chair w/ 1 second hold (left)	5 rep		
Leg kick in chair w/ 1 second hold (right)	5 rep		
<u>Bodyweight squats w/ chair assistance</u>	7 rep		
Bodyweight squats w/ chair assistance	7 rep		

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

Friday

	Toe reaches (sitting in chair) (right)	30 sec	30 sec	
	Wall pushes (left)	15 sec	15 sec	
	Wall pushes (right)	15 sec	15 sec	