

The 8-Week Calisthenics For Seniors Program Workout Sheets

Week 6

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

			Bodyweight squats w/ chair assistance	7 rep		
			High wall sits	20 sec		
			High wall sits	20 sec		
			High wall sits	20 sec		
			Arm flutters (arms out in front)	30 sec		
			Marching in place	40 sec		
			Toe taps (forward/backward motion)	30 sec		
			Side step jumping jacks	40 sec		
			Step forward jumping jacks	40 sec		
			Seated bicycles	30 sec		
			Pull down w/ knee up in chair (alternating knees)	20 sec		
			Sit to stand in chair with overhand claps	20 sec		

Wednesday

			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	