

# The 8-Week Calisthenics For Seniors Program Workout Sheets

## Week 7

<a href="#">Push ups</a>	5 rep
Push ups	5 rep
Push ups	5 rep
<a href="#">Self arm wrestling (left)</a>	40 sec
Self arm wrestling (right)	40 sec
Self arm wrestling (left)	40 sec
Self arm wrestling (right)	40 sec
Self arm wrestling (left)	40 sec
Self arm wrestling (right)	40 sec
<a href="#">Palm pushes</a>	40 sec
Palm pushes	40 sec


Monday

Palm pushes	40 sec			
<a href="#">Field goal pushes</a>	40 sec			
Field goal pushes	40 sec			
Field goal pushes	40 sec			
<a href="#">One legged calf raises (can use chair for assistance)</a>	20 sec			
One legged calf raises (can use chair for assistance)	20 sec			
One legged calf raises (can use chair for assistance)	20 sec			
<a href="#">Leg kick in chair w/ 1 second hold (left)</a>	7 rep			
Leg kick in chair w/ 1 second hold (right)	7 rep			
Leg kick in chair w/ 1 second hold (left)	7 rep			
Leg kick in chair w/ 1 second hold (right)	7 rep			
Leg kick in chair w/ 1 second hold (left)	7 rep			
Leg kick in chair w/ 1 second hold (right)	7 rep			
<a href="#">Bodyweight squats</a>	5 rep			
Bodyweight squats	5 rep			

		Bodyweight squats	5 rep	
		<a href="#">High wall sits</a>	30 sec	
		High wall sits	30 sec	
		High wall sits	30 sec	
		<a href="#">Arm flutters (arms out in front)</a>	40 sec	
		<a href="#">High knees</a>	20 sec	
		<a href="#">Toe taps (forward/backward)</a>	30 sec	
		<a href="#">Jumping jacks</a>	30 sec	
	Wednesday	<a href="#">Stair step ups</a>	30 sec	
		<a href="#">Bicycles on floor</a>	20 sec	
		<a href="#">Pull down w/ knee up (alternating knees)</a>	20 sec	
		<a href="#">Sit to stand in chair with overhand claps</a>	30 sec	

