

The 8-Week Calisthenics For Seniors Program Workout Sheets

Week 8

Push ups	5 rep
Push ups	5 rep
Push ups	5 rep
Self arm wrestling (left)	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
Palm pushes	40 sec
Palm pushes	40 sec

Monday

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

