

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

		Standing on one foot (left)	12 sec
		Standing on one foot (right)	12 sec
		Trunk twists on floor	20 sec
		One-legged toe touches (left)	5 rep
		One-legged toe touches (right)	5 rep
		Back leg raises (left)	6 rep
		Back leg raises (right)	6 rep
	Friday	Side leg raises (left)	6 rep
		Side leg raises (right)	6 rep
		Body circles (standing) (clockwise)	8 rep
		Body circles (standing) (counter clockwise)	8 rep
		Toe reaches (sitting on floor) (left)	30 sec
		Toe reaches (sitting on floor) (right)	30 sec
		Wall pushes (left)	20 sec
		Wall pushes (right)	20 sec