

The 8-Week Calisthenics For Seniors Program Workout Sheets

Week 3

Wall Pushes	6 rep
Wall Pushes	6 rep
Wall Pushes	6 rep
Leg kick in chair (left)	6 rep
Leg kick in chair (right)	6 rep
Leg kick in chair (left)	6 rep
Leg kick in chair (right)	6 rep
Leg kick in chair (left)	6 rep
Leg kick in chair (right)	6 rep
Bodyweight squats w/chair assistance	5 rep
Bodyweight squats w/chair assistance	5 rep

Monday

Bodyweight squats w/chair assistance	5 rep		
Self arm wrestling (left)	20 sec		
Self arm wrestling (right)	20 sec		
Self arm wrestling (left)	20 sec		
Self arm wrestling (right)	20 sec		
Self arm wrestling (left)	20 sec		
Self arm wrestling (right)	20 sec		
Palm pushes	20 sec		
Palm pushes	20 sec		
Palm pushes	20 sec		
Field goal pushes	20 sec		
Field goal pushes	20 sec		
Field goal pushes	20 sec		
Calf raises w/ chair	20 sec		
Calf raises w/ chair	20 sec		

			Calf raises w/ chair	20 sec		
			High wall sits	15 sec		
			High wall sits	15 sec		
			High wall sits	15 sec		
				Set 1	Set 2	Set 3
			Arm raises (arms out in front)	30 sec	30 sec	30 sec
			Arm raises (arms out to side)	30 sec	30 sec	30 sec
			Seated bicycles	20 sec	20 sec	20 sec
			Marching in place	30 sec	30 sec	30 sec
			Sit to stand in chair	20 sec	20 sec	20 sec
			Step forward jumping jacks	30 sec	30 sec	30 sec
			Pull down w/ knee up in chair (alternating knees)	20 sec	20 sec	20 sec
			Side step jumping jacks	30 sec	30 sec	30 sec
			Toe taps in chair	30 sec	30 sec	30 sec

Wednesday

			Set 1	Set 2
		Standing on one foot (one hand on chair) (left)	5 rep, 5 sec each	5 rep, 5 sec each
		Standing on one foot (one hand on chair) (right)	5 rep, 5 sec each	5 rep, 5 sec each
		Trunk twists in chair (left)	4 rep, 5 sec each	4 rep, 5 sec each
		Trunk twists in chair (right)	4 rep, 5 sec each	4 rep, 5 sec each
		One-legged chair touches (left)	5 rep	5 rep
		One-legged chair touches (right)	5 rep	5 rep
		One-legged chair touches (left)	5 rep	5 rep
		One-legged chair touches (right)	5 rep	5 rep
		Back leg raises (hands on chair) (left)	6 rep	6 rep
		Back leg raises (hands on chair) (right)	6 rep	6 rep
		Back leg raises (hands on chair) (left)	6 rep	6 rep
		Back leg raises (hands on chair) (right)	6 rep	6 rep
	Friday	Side leg raises (hands on chair) (left)	6 rep	6 rep
		Side leg raises (hands on chair) (right)	6 rep	6 rep
		Side leg raises (hands on chair) (left)	6 rep	6 rep

Side leg raises (hands on chair) (right)	6 rep	6 rep	
<u>Body circles (sitting in chair) (clockwise)</u>	6 rep	6 rep	
<u>Body circles (sitting in chair) (counter clockwise)</u>	6 rep	6 rep	
Body circles (sitting in chair) (clockwise)	6 rep	6 rep	
Body circles (sitting in chair) (counter clockwise)	6 rep	6 rep	
<u>Toe reaches (sitting in chair) (left)</u>	20 sec	20 sec	
Toe reaches (sitting in chair) (right)	20 sec	20 sec	
<u>Wall pushes (left)</u>	20 sec	20 sec	
Wall pushes (right)	20 sec	20 sec	