## The 8-Week Calisthenics For Seniors Program Workout Sheets Week 4 6 rep 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) 5 rep Bodyweight squats w/chair assistance 5 rep Bodyweight squats w/chair assistance

## Monday

Bodyweight squats	5 rep	
w/chair assistance		
Self arm wrestling (left)	20 sec	
<u>oon ann wissting (isit)</u>		
Self arm wrestling (right)	20 sec	
	20 sec	
Self arm wrestling (left)	20 300	
	20 sec	
Self arm wrestling (right)		
Self arm wrestling (left)	20 sec	
3 ( )	20.000	
Self arm wrestling (right)	20 sec	
	20 sec	
Palm pushes		
Palm pushes	20 sec	
r ann paonee		
Palm pushes	20 sec	
	20 sec	
Field goal pushes	20 000	
Field goal pushes	20 sec	
Field goal pushes		
Field goal pushes	20 sec	
-	20 sec	
Calf raises w/ chair	20 560	
	20 sec	
Calf raises w/ chair		

	Calf raises w/ chair	20 sec		
		15 sec		
	High wall sits			
	High wall sits	15 sec		
	High wall sits	15 sec		
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		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
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	Marching in place	30 sec	30 sec	30 sec
Mada and av	Oit to stand in sheir	20 sec	20 sec	20 sec
Wednesday	Sit to stand in chair			
	Step forward jumping jacks	30 sec	30 sec	30 sec
	Pull down w/ knee up	20 sec	20 sec	20 sec
	in chair (alternating knees)			
	Side step jumping jacks	30 sec	30 sec	30 sec
		30 sec	30 sec	30 sec
	Toe taps in chair			
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		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	

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Side leg raises	6 rep	6 rep
(hands on chair) (right)		
Body circles (sitting in chair)	6 rep	6 rep
(clockwise)		
Body circles (sitting in chair)	6 rep	6 rep
(counter clockwise)		
Body circles (sitting	6 rep	6 rep
in chair) (clockwise)		
Body circles (sitting	6 rep	6 rep
in chair) (counter clockwise)		
Toe reaches	20 sec	20 sec
(sitting in chair) (left)		
Toe reaches	20 sec	20 sec
(sitting in chair) (right)		
Mall pushes (left)	20 sec	20 sec
Wall pushes (left)		
\\\_\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	20 sec	20 sec
Wall pushes (right)		