

The 8-Week Calisthenics For Seniors Program Workout Sheets

Week 7

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

Friday	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
	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