

The 8-Week Calisthenics For Seniors Program

Introduction: This gentle workout plan is great for anyone over 50 or if you are just getting started with bodyweight calisthenics. The workouts are about 10-15 minutes and consist of many mobility exercises to help improve joint health. Take your time with each exercise and rest between exercises if you need it. Every 2 weeks, you'll be increasing the rep count or time period for the exercises. Try your best!

Workouts	Week 1			Week 2			Week 3			Week 4						
	Target Rep	Monday or Tuesday	Wednesday or Thursday	Friday or Saturday	Target Rep	Monday or Tuesday	Wednesday or Thursday	Friday or Saturday	Target Rep	Monday or Tuesday	Wednesday or Thursday	Friday or Saturday				
		Actual Rep	Actual Rep	Actual Rep		Actual Rep	Actual Rep	Actual Rep		Actual Rep	Actual Rep	Actual Rep				
Neck Stretch (Forward)	10 sec				10 sec				10 sec				10 sec			
Neck Stretch (Left)	10 sec				10 sec				10 sec				10 sec			
Neck Stretch (Right)	10 sec				10 sec				10 sec				10 sec			
Shoulder Rolls (Forward)	10				10				12				12			
Shoulder Rolls (Backward)	10				10				12				12			
Arm Circles (Small, Forward)	10				10				12				12			
Arm Circles (Small, Backward)	10				10				12				12			
Arm Circles (Big, Forward)	10				10				12				12			
Arm Circles (Big, Backward)	10				10				12				12			
Behind the Neck Towel Stretch (Left)	30 sec				30 sec				30 sec				30 sec			
Behind the Neck Towel Stretch (Right)	30 sec				30 sec				30 sec				30 sec			
Calf Stretch with Wall (Left)	10 sec				10 sec				10 sec				10 sec			
Calf Stretch with Wall (Right)	10 sec				10 sec				10 sec				10 sec			
Quad Stretch (Left)	20 sec				20 sec				20 sec				20 sec			
Quad Stretch (Right)	20 sec				20 sec				20 sec				20 sec			
Knee Hugs in Chair (Right)	20 sec				20 sec				20 sec				20 sec			
Knee Hugs in Chair (Left)	20 sec				20 sec				20 sec				20 sec			
Bodyweight Half Squats	5				5				8				8			
Bodyweight Half Squats	5				5				8				8			
Bodyweight Half Squats	5				5				8				8			
Hip Bridge	10				10				12				12			
Trunk Twists	5 rep 2 sec each side				5 rep 2 sec each side				5 rep 2 sec each side				5 rep 2 sec each side			

"Life is 10% what happens to you and 90% how you react to it." **Charles Swindoll**

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Workouts	Week 5			Week 6			Week 7			Week 8						
	Target Rep	Monday or Tuesday	Wednesday or Thursday	Friday or Saturday	Target Rep	Monday or Tuesday	Wednesday or Thursday	Friday or Saturday	Target Rep	Monday or Tuesday	Wednesday or Thursday	Friday or Saturday				
	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep	Actual Rep				
Neck Stretch (Forward)	10 sec				10 sec				10 sec				10 sec			
Neck Stretch (Left)	10 sec				10 sec				10 sec				10 sec			
Neck Stretch (Right)	10 sec				10 sec				10 sec				10 sec			
Shoulder Rolls (Forward)	14				14				16				16			
Shoulder Rolls (Backward)	14				14				16				16			
Arm Circles (Small, Forward)	14				14				16				16			
Arm Circles (Small, Backward)	14				14				16				16			
Arm Circles (Big, Forward)	14				14				16				16			
Arm Circles (Big, Backward)	14				14				16				16			
Behind the Neck Towel Stretch (Left)	45 sec				45 sec				45 sec				45 sec			
Behind the Neck Towel Stretch (Right)	45 sec				45 sec				45 sec				45 sec			
Calf Stretch with Wall (Left)	20 sec				20 sec				20 sec				20 sec			
Calf Stretch with Wall (Right)	20 sec				20 sec				20 sec				20 sec			
Quad Stretch (Left)	30 sec				30 sec				30 sec				30 sec			
Quad Stretch (Right)	30 sec				30 sec				30 sec				30 sec			
Knee Hugs in Chair (Right)	30 sec				30 sec				30 sec				30 sec			
Knee Hugs in Chair (Left)	30 sec				30 sec				30 sec				30 sec			
Bodyweight Half Squats	12				12				15				15			
Bodyweight Half Squats	12				12				15				15			
Bodyweight Half Squats	12				12				15				15			
Hip Bridge	14				14				16				16			
Trunk Twists	10 rep 2 sec each side				10 rep 2 sec each side				10 rep 2 sec each side				10 rep 2 sec each side			

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