

SANTA FE SENIOR FIT

TRAINER: Gary Schneider
TYPE: Seniors
PHASE: Beginner
WORKOUT: #3

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM UP					
Active Stretch: Standing Adductor Stretch	1	2	30 sec	:30	Hold for :30 each side
Static Stretch: Standing TFL Stretch	1	1	30 sec	:30	Hold for :30 each side
Dynamic Stretch: Floor Bridge Reach	1	16	Slow	:30	8 reps each leg
Dynamic Stretch: Multiplanar Lunge w Reach	1	16	Slow	90 sec	8 reps each side
ACTIVATION (core & balance)					
Core: Pallof Press	1	24	Slow	:60	12 each side
Core: Ball Bridge with weights	1	14	Slow	:60	Hold top position for :02
Core: Swipers	1	12	Slow	:60	Hold for :02 at top
Hips: Side Plank Hip Lift	1	2	Slow	:60	Hold for :30 each side
Balance: Single Leg Balance Trainer	1	14	Slow	:60	7 each leg, hold for :05
Balance: Single Leg Cable Row	1	14	Slow	:60	
Balance: Single Leg DB Romanian DL	1	14	Slow	:90	7 reps each leg
RESISTANCE TRAINING					
Back: Single Leg Bridge	1	16	Slow	:60	8 each side
Back: Lat Pulldown	2	12	Slow	:60	
Chest: Incline DB Press	2	12	Slow	:60	
Shoulders: Mid Cable Pulley	2	24	Slow	:60	12 each side
Biceps: Standing Alt DB Curl	2	24	Slow	:60	12 each side
Triceps: Cable OH Extension	2	12	Slow	:60	
Thighs: Bulgarian Squats	2	24	Slow	:60	12 each leg
Glutes: Kettlebell Swings	2	12	Slow	:90	
YOUR CHOICE					
Calves: Calf Raises	2	14	Slow		
COOL DOWN					
Seated Rower	1				5 minutes
Foam Rolls: (Optional)					
COACHING TIPS					
Go Slow and use good form					
Squeeze the muscle your working at the top position					
If you feel any pain - stop					