

# SANTA FE SENIOR FIT

**TRAINER:** Gary Schneider  
**TYPE:** Seniors  
**PHASE:** Beginner  
**WORKOUT:** #1

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
<b>WARM UP</b>					
Static Stretch: Child's Pose	1	1	30 sec	:30	Hold for :30
Static Stretch: Calf Stretch	1	1	30 sec	:30	Hold for :30
Dynamic Stretch: Seated Jacks	1	14	Moderate	:30	
Dynamic Stretch: Seated Toe Touches	1	14	Slow	90 sec	7 reps each side
<b>ACTIVATION (core &amp; balance)</b>					
Core: Farmers Carry	1		Slow	:30	Walk 20 yards and back
Core: Ball Bridge	1	14	Slow	:30	Hold top position for :02
Core: Seated Oblique Crunches	1	16	Slow	:30	8 each side
Hips: Clamshells with Band	1	16	Slow	:30	8 reps each hip
Balance: Tightrope Walk	1	24	Slow	:30	12 steps each foot
Balance: Single Leg Balance	1	16	Slow	:30	8 reps each leg
Balance: Single Leg Balance w Reach	1	16	Slow	:90	8 reps each leg
<b>RESISTANCE TRAINING</b>					
Back: Bird Dog	1	2	Slow	:30	Hold pose for :30, each side
Back: Back Extension	1	14	Slow	:30	
Chest: Single Arm Crossover	1	24	Slow	:30	12 each side
Shoulders: DB OH Press	1	12	Slow	:30	
Biceps: Cable Curl	1	12	Slow	:30	
Triceps: Kickbacks	1	24	Slow	:30	12 each side
Glutes: Step Ups	1	24	Slow	:30	12 reps each leg
Thighs: Multiplanar Lunge	1	16	Slow	:90	8 each leg
<b>YOUR CHOICE</b>					
Calves: Calf Raises	1	14	Slow		
<b>COOL DOWN</b>					
Stationary Bike	1				5 minutes
Foam Rolls: (Optional)					
<b>COACHING TIPS</b>					
Go Slow and use good form					
Squeeze the muscle your working at the top position					
If you feel any pain - stop					