

SANTA FE SENIOR FIT

TRAINER: Gary Schneider
TYPE: Seniors
PHASE: Beginner
WORKOUT: #2

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
WARM UP					
Static Stretch: Childs Pose	1	1	30 sec	:30	Hold for :30
Static Stretch: Runner's Stretch	1	1	30 sec	:30	Hold for :30 each side
Dynamic Stretch: Tube Walking	1	16	Slow	:30	8 reps each way
Dynamic Stretch: Windmills	1	16	Slow	90 sec	8 reps each side
ACTIVATION (core & balance)					
Core: Ball Crunches	1	14	Slow	:60	
Core: Ball Bridge with weights	1	14	Slow	:60	Hold top position for :02
Core: Cable Rotation Lift	1	16	Slow	:60	8 each side
Hips: Kneeling Hip Flexor Stretch	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: Lunge to Balance	1	14	Slow	:60	7 reps each leg
Balance: Step up to Balance	1	14	Slow	:90	7 reps each leg
RESISTANCE TRAINING					
Back: Swimmer	1	12	Slow	:60	6 each side
Back: Single Arm Row	1	24	Slow	:60	12 each side
Chest: Cable Chest Press	1	12	Slow	:60	
Shoulders: DB Lateral Raise	1	24	Slow	:60	12 each side
Biceps: Seated Alternating DB Curl	1	24	Slow	:60	12 each side
Triceps: Cable Pushdowns	1	12	Slow	:60	
Glutes: Cable Kickbacks	1	24	Slow	:60	12 each leg
Thighs: Prisoner Squats	1	14	Slow	:90	
YOUR CHOICE					
Calves: Calf Raises	1	14	Slow		
COOL DOWN					
Seated Row	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					