

# SANTA FE SENIOR FIT

**TRAINER:** Gary Schneider  
**TYPE:** Seniors  
**PHASE:** Resistance Bands  
**WORKOUT:**

EXERCISE		SETS	REPS	TEMPO	REST	NOTES
<b>GLUTES/CORE:</b>						
Glutes:	Fired Hydrant	2	20	Slow	:60	10 reps each leg
Glutes:	Glute Pulses	2	15	Slow	:60	
Glutes/Core:	Tabletop Glute Kickbacks	2	20	Slow	:60	10 reps each leg
Glutes/Core:	Standing Kickbacks	2	20	Slow	90 sec	10 reps each leg
<b>LEGS:</b>						
Thighs:	Clamshells	2	20	Slow	:60	10 reps each leg
Thighs:	Squats	2	15	Slow	:60	
Thighs:	Leg Lifts	2	20	Slow	:60	10 reps each leg
Thighs:	Lateral Walk	2	20	Slow	:60	10 reps each way
<b>UPPPER BODY:</b>						
Back:	One Arm Rows	2	20	Slow	:60	10 reps each side
Chest:	One Arm Crossovers	2	20	Slow	:60	10 reps each side
Shoulders:	Upright Rows	2	14	Slow	:60	
Biceps:	Standing Curls	2	14	Slow	:60	
Triceps:	Pushdowns	2	14	Slow	:60	
<b>COACHING TIPS</b>						
Go Slow and use good form						
Perform 3x a week						