



Congratulations in taking an active role in the health of your bones!

The following is your Active Level workout schedule. The program exercise schedules are for you to use and keep track of your progress.

The **Warm Up** and **Strength Training** should be followed as described in this workout schedule. Some of the strength training exercises require dumbbells, ankle weights and a burst resistant exercise ball. The equipment you will need can be found at most major outlet stores. If you feel any discomfort with any of the exercises, you should consult with a Physical Therapist before proceeding further.

The **Balance Training** will make you more stable and will have a direct impact on reducing your fracture risk. With practice, your balance will improve. Choose among the exercises listed that make you feel challenged but make sure that you can hold for your position for at least 15 seconds. Mix up the exercises from week to week for variety. Do a total of three to five minutes of Balance Training each session. Keep safety in mind by practicing your balance between two sturdy chairs.

The **Cardio/Weight Bearing** exercises will provide you with the opportunity to work on your heart and lungs as well as your bones and muscles. Follow the guidelines in your book. Don't forget to make note of what you did so that you ensure you are incorporating some maximum bone building activities into each week.

Your **Flexibility** component will ensure that you stay limber. You should go through the flexibility exercises and see which ones challenge you. You may be very flexible in your upper body and yet tight in your legs, so you should focus on the areas that need the most work. Make note of which stretches you have done to ensure that you review them all each week.

Finally, I encourage you to work with a with a licensed Physical Therapist (Physiotherapist), Kinesiologist, Certified Athletic Therapist or a Certified Strength and Conditioning Specialist.

Week 1			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Floor M's	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Forward Lunge		1 Set / 10-12 Reps	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

Week 2			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Floor M's	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Forward Lunge	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Horse Stance Horizontal		1st Set / 3 Reps per limb	
Bridging with Weight		1 Set / 10-12 Reps & ___ lbs/kg	
Row with Support		1 Set / 10-12 Reps & ___ lbs/kg	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

Week 3: complete ABA / Week 4: complete BAB			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Floor M's	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Forward Lunge	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Horse Stance Horizontal	1st Set / 3 Reps per limb		1st Set / 3 Reps per limb
	2nd Set / 2 Reps per limb		2nd Set / 2 Reps per limb
Bridging with Weight		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Row with Support		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Hip Raises with Chair		1 Set / 10-12 Reps	
Side Lying Leg Lifts w Weight		1 Set / 10-12 Reps & ___lbs/kg	

Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

Week 5: complete ABA / Week 6 :complete BAB / Week 7: complete ABA			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Floor M's	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Forward Lunge	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Horse Stance Horizontal	1st Set / 3 Reps per limb		1st Set / 3 Reps per limb
	2nd Set / 2 Reps per limb		2nd Set / 2 Reps per limb
Bridging with Weight	1st Set / 10-12 Reps & ___lbs/kg		1st Set / 10-12 Reps & lbs/kg
	2nd Set / 8-10 Reps & ___lbs/kg		2nd Set / 8-10 Reps & ___lbs/kg
Row with Support		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Hip Raises with Chair		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	
Side Lying Leg Lifts w Weight		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Pullovers from Floor		1 Set / 10-12 Reps & ___lbs/kg	
Step Push-up		1 Set / 10-12 Reps	

Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

Week 8: complete BAB / Week 9: complete ABA			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Floor M's	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Forward Lunge	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Horse Stance Horizontal	1st Set / 3 Reps per limb		1st Set / 3 Reps per limb
	2nd Set / 2 Reps per limb		2nd Set / 2 Reps per limb
Bridging with Weight	1st Set / 10-12 Reps & ___ lbs/kg		1st Set / 10-12 Reps & ___ lbs/kg
	2nd Set / 8-10 Reps & ___ lbs/kg		2nd Set / 8-10 Reps & ___ lbs/kg
Row with Support	1st Set / 10-12 Reps & ___ lbs/kg		1st Set / 10-12 Reps & ___ lbs/kg
	2nd Set / 8-10 Reps & ___ lbs/kg		2nd Set / 8-10 Reps & ___ lbs/kg
Hip Raises with Chair		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	
Side Lying Leg Lifts w Weight		1st Set / 10-12 Reps & ___ lbs/kg	
		2nd Set / 8-10 Reps & ___ lbs/kg	
Pullovers from Floor		1st Set / 10-12 Reps & ___ lbs/kg	
		2nd Set / 8-10 Reps & ___ lbs/kg	
Step Push-up		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	

Alternating Bicep Curl Standing		1 Set / 10-12 Reps & ___lbs/kg	
Triceps Extension		1 Set / 10-12 Reps & ___lbs/kg	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

Week 10: complete BAB / Week 11: complete ABA			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Floor M's	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Forward Lunge	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Horse Stance Horizontal	1st Set / 3 Reps per limb		1st Set / 3 Reps per limb
	2nd Set / 2 Reps per limb		2nd Set / 2 Reps per limb
Bridging with Weight	1st Set / 10-12 Reps & ___ lbs/kg		1st Set / 10-12 Reps & ___ lbs/kg
	2nd Set / 8-10 Reps & ___ lbs/kg		2nd Set / 8-10 Reps & ___ lbs/kg
Row with Support	1st Set / 10-12 Reps & ___ lbs/kg		1st Set / 10-12 Reps & ___ lbs/kg
	2nd Set / 8-10 Reps & ___ lbs/kg		2nd Set / 8-10 Reps & ___ lbs/kg
Hip Raises with Chair	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Side Lying Leg Lifts w Weight		1st Set / 10-12 Reps & ___ lbs/kg	
		2nd Set / 8-10 Reps & ___ lbs/kg	
Pullovers from Floor		1st Set / 10-12 Reps & ___ lbs/kg	
		2nd Set / 8-10 Reps & ___ lbs/kg	
Step Push-up		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	

Alternating Bicep Curl Standing		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Triceps Extension		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Step Ups		1 Set / 10-12 Reps	
Abdominal Activation with Leg Lift		1 Set / 20 Sec. Hold	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

Week 12 onwards: continue alternating your strength workouts BABABA...**			
	A Day	B Day	A Day
Warm Up	3 Minutes		
Energy Tree	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Curtsey	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Marching	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	3 Sessions / Week		
	Every other day		
Chair Squats	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Floor M's	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Forward Lunge	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Horse Stance Horizontal	1st Set / 3 Reps per limb 2nd Set / 2 Reps per limb		1st Set / 3 Reps per limb 2nd Set / 2 Reps per limb
	2nd Set / 2 Reps per limb		2nd Set / 2 Reps per limb
Bridging with Weight	1st Set / 8-10 Reps & ___lbs/kg		1st Set / 8-10 Reps & ___lbs/kg
	2nd Set / 6-8 Reps & ___lbs/ kg		2nd Set / 6-8 Reps & ___lbs/ kg
Row with Support	1st Set / 8-10 Reps & ___lbs/kg		1st Set / 8-10 Reps & ___lbs/kg
	2nd Set / 6-8 Reps & ___lbs/ kg		2nd Set / 6-8 Reps & ___lbs/ kg
Hip Raises with Chair	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Side Lying Leg Lifts w Weight		1st Set / 8-10 Reps & ___lbs/kg	
		2nd Set / 6-8 Reps & ___lbs/ kg	
Pullovers from Floor		1st Set / 8-10 Reps & ___lbs/kg	
		2nd Set / 6-8 Reps & ___lbs/ kg	
Step Push-up		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	

Alternating Bicep Curl Standing		1st Set / 8-10 Reps & ___lbs/kg	
		2nd Set / 6-8 Reps & ___lbs/kg	
Triceps Extension		1st Set / 8-10 Reps & ___lbs/kg	
		2nd Set / 6-8 Reps & ___lbs/kg	
Step Ups		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	
Abdominal Activation with Leg Lift		1st Set / 20 Sec. Hold	
		2nd Set / 30 Sec. Hold	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Weight Transfer			
Stepping Forward & Back			
Walking the Line			
Walking as you Look			
Taking a Turn			
Physio Ball Exercises			
Cardio/Weight Bearing	20 Minutes		
	Same day or alternate day as Strength Training		
Maximum Bone Building			
Moderate Bone Building			
Minimal Bone Building			
Flexibility	2 - 5 Minutes		
	Focus on relaxed breathing		
Upper Body			
Lower Body			

** Every 12 weeks go back to doing 2 sets of lighter weights where you fatigue between at approx 15 reps. This will give your body a little rest without losing what you have gained. Do this for 2 - 4 weeks before resuming your heavier weights.