



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

The following is your Athletic 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 | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 1 Set / 10-12 Reps & ___lbs/ kg | | 1 Set / 10-12 Reps & ___lbs/ kg |
| Ball T's, M's, Y's with Wall | 1 Set / 4-5 Reps each | | 1 Set / 4-5 Reps each |
| Lunge on Line | | 1 Set / 10-12 Reps | |
| Balance Training | 3 - 5 Minutes | | |
| | Mix it up; feel the challenge but keep safety in mind | | |
| 4 Pt Balance Training on Ball | | | |
| 3 Pt Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |
| 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 | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 1 Set / 10-12 Reps & ___lbs/kg | | 1 Set / 10-12 Reps & ___lbs/kg |
| Ball T's, M's, Y's with Wall | 1 Set / 4-5 Reps each | | 1 Set / 4-5 Reps each |
| Lunge on Line | 1 Set / 10-12 Reps | | 1 Set / 10-12 Reps |
| Overhead Lift | | 1 Set / 10-12 Reps & ___lbs/kg | |
| Bridging - Up 2 / Down 1 | | 1 Set / 10-12 Reps | |
| Row - Hand Support Only | | 1 Set / 10-12 Reps & ___lbs/kg | |
| Balance Training | 3 - 5 Minutes | | |
| | Mix it up; feel the challenge but keep safety in mind | | |
| 4 Pt Balance Training on Ball | | | |
| 3 Pt Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |

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| 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 | | | |
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| | A Day | B Day | A Day |
| Warm Up | 3 Minutes | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 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 |
| Ball T's, M's, Y's with Wall | 1st Set / 4-5 Reps each | | 1st Set / 4-5 Reps each |
| | 2nd Set / 3-4 Reps each | | 2nd Set / 3-4 Reps each |
| Lunge on Line | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Overhead Lift | 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 |
| Bridging - Up 2 / Down 1 | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Row - Hand Support Only | | 1st Set / 10-12 Reps & ___lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___lbs/kg | |
| Hip Raises - Feet on Ball | | 1st Set / 10-12 Reps | |
| Band Walks | | 1st Set / 10-12 Reps | |

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| Balance Training | 3 - 5 Minutes | | |
| | Mix it up; feel the challenge but keep safety in mind | | |
| 4 Pt Balance Training on Ball | | | |
| 3 Pt Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |
| 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 | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 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 |
| Ball T's, M's, Y's with Wall | 1st Set / 4-5 Reps each | | 1st Set / 4-5 Reps each |
| | 2nd Set / 3-4 Reps each | | 2nd Set / 3-4 Reps each |
| Lunge on Line | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Overhead Lift | 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 |
| Bridging - Up 2 / Down 1 | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Row - Hand Support Only | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |
| Hip Raises - Feet on Ball | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Band Walks | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Pullovers on Ball | | 1 Set / 10-12 Reps & ___ lbs/kg | |
| Floor Push Up | | 1 Set / 10-12 Reps | |

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| Balance Training | 3 - 5 Minutes | | |
| | Mix it up; feel the challenge but keep safety in mind | | |
| 4 Pt Balance Training on Ball | | | |
| 3 Pt Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |
| 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 | | | |
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| | A Day | B Day | A Day |
| Warm Up | 3 Minutes | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 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 |
| Ball T's, M's, Y's with Wall | 1st Set / 4-5 Reps each | | 1st Set / 4-5 Reps each |
| | 2nd Set / 3-4 Reps each | | 2nd Set / 3-4 Reps each |
| Lunge on Line | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Overhead Lift | 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 |
| Bridging - Up 2 / Down 1 | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Row - Hand Support Only | 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 - Feet on Ball | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Band Walks | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Pullovers on Ball | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |
| Floor Push Up | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |

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| Single Leg Bicep Curl | | 1 Set / 10-12 Reps & ___lbs/kg | |
| Triceps Extension on Ball | | 1 Set / 10-12 Reps & ___lbs/kg | |
| Balance Training | 3 - 5 Minutes | | |
| | Mix it up; feel the challenge but keep safety in mind | | |
| 4 Point Balance Training on Ball | | | |
| 3 Point Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |
| 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 | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 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 |
| Ball T's, M's, Y's with Wall | 1st Set / 4-5 Reps each | | 1st Set / 4-5 Reps each |
| | 2nd Set / 3-4 Reps each | | 2nd Set / 3-4 Reps each |
| Lunge on Line | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Overhead Lift | 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 |
| Bridging - Up 2 / Down 1 | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Row - Hand Support Only | 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 - Feet on Ball | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Band Walks | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Pullovers on Ball | | 1st Set / 10-12 Reps & ___lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___lbs/kg | |
| Floor Push Up | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |

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| Single Leg Bicep Curl | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |
| Triceps Extension on Ball | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |
| Double Leg Jump Down | | 1 Set / 10-12 Reps | |
| Abdominal Activation with Leg Drop | | 1 Set / 20 Sec. Hold | |
| Balance Training | 3 - 5 Minutes | | |
| | Mix it up; feel the challenge but keep safety in mind | | |
| 4 Pt Balance Training on Ball | | | |
| 3 Pt Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |
| 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 | | |
| Lateral Lunge | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Bird Nod | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Lunge Steps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps | 1 Set / 6-8 Reps |
| Strength Training | 3 Sessions / Week | | |
| | Every other day | | |
| Squats with Weights | 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 |
| Ball T's, M's, Y's with Wall | 1st Set / 4-5 Reps each | | 1st Set / 4-5 Reps each |
| | 2nd Set / 3-4 Reps each | | 2nd Set / 3-4 Reps each |
| Lunge on Line | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Overhead Lift | 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 |
| Bridging - Up 2 / Down 1 | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Row - Hand Support Only | 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 - Feet on Ball | 1st Set / 10-12 Reps | | 1st Set / 10-12 Reps |
| | 2nd Set / 8-10 Reps | | 2nd Set / 8-10 Reps |
| Band Walks | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Pullovers on Ball | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |

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| Floor Push Up | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Single Leg Bicep Curl | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |
| Triceps Extension on Ball | | 1st Set / 10-12 Reps & ___ lbs/kg | |
| | | 2nd Set / 8-10 Reps & ___ lbs/kg | |
| Double Leg Jump Down | | 1st Set / 10-12 Reps | |
| | | 2nd Set / 8-10 Reps | |
| Abdominal Activation with Leg Drop | | 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 | | |
| 4r Pt Balance Training on Ball | | | |
| 3 Pt Balance Training on Ball | | | |
| On the Line | | | |
| Heel to Toe | | | |
| Single Leg Stance w/ Movement | | | |
| Single Leg Reaches | | | |
| 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 | | | |
| <p>** Every 12 weeks go back to doing 2 sets of lighter weights where you fatigue between 10 - 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 routine.</p> | | | |