



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						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
Squats with Weights	1 Set / 10-12 Reps & ___lbs/kg		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		1 Set / 4-5 Reps each	
Lunge on Line	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
Squats with Weights	1 Set / 10-12 Reps & ___ lbs/kg		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		1 Set / 4-5 Reps each	
Lunge on Line	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Overhead Lift		1 Set / 10-12 Reps & ___ lbs/kg		1 Set / 10-12 Reps & ___ lbs/kg		1 Set / 10-12 Reps & ___ lbs/kg
Bridging - Up 2 / Down 1		1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps
Row - Hand Support Only		1 Set / 10-12 Reps & ___ lbs/kg		1 Set / 10-12 Reps & ___ lbs/kg		1 Set / 10-12 Reps & ___ lbs/kg
Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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						

Weeks 3 - 4						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
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			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Band Walks			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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						

Weeks 5 - 7						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
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			1st Set / 10-12 Reps
			2nd Set / 8-10 Reps			2nd Set / 8-10 Reps
Pullovers on Ball			1 Set / 10-12 Reps & ___lbs/kg			1 Set / 10-12 Reps & ___lbs/kg
Floor Push Up			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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						

Weeks 8 - 9						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
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			1st Set / 10-12 Reps	
		2nd Set / 8 -10 Reps			2nd Set / 8 -10 Reps	
Pullovers on Ball			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
Floor Push Up			1st Set / 10-12 Reps			1st Set / 10-12 Reps
			2nd Set / 8 -10 Reps			2nd Set / 8 -10 Reps
Single Leg Bicep Curl			1 Set / 10-12 Reps & ___lbs/kg			1 Set / 10-12 Reps & ___lbs/kg
Triceps Extension on Ball			1 Set / 10-12 Reps & ___lbs/kg			1 Set / 10-12 Reps & ___lbs/kg

Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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						

Weeks 10 - 11						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
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			1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps			2nd Set / 8-10 Reps	
Pullovers on Ball		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	
Floor Push Up		1st Set / 10-12 Reps			1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps			2nd Set / 8-10 Reps	
Single Leg Bicep Curl			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
Triceps Extension on Ball			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
Double Leg Jump Down			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Abdominal Activation with Leg Drop			1 Set / 20 Sec. Hold			1 Set / 20 Sec. Hold

Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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**						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Lateral Lunge	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps	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	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	1 Set / 6-8 Reps	1 Set / 6-8 Reps	1 Set / 6-8 Reps
Strength Training	6 Sessions / Week					
Squats with Weights	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		
Ball T's, M's, Y's with Wall	1st Set / 3-4 Reps each			1st Set / 3-4 Reps each		
	2nd Set / 2-3 Reps each			2nd Set / 2-3 Reps each		
Lunge on Line	1st Set / 8-10 Reps			1st Set / 8-10 Reps		
	2nd Set / 6-8 Reps			2nd Set / 6-8 Reps		
Overhead Lift	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		
Bridging - Up 2 / Down 1	1st Set / 8-10 Reps			1st Set / 8-10 Reps		
	2nd Set / 6-8 Reps			2nd Set / 6-8 Reps		

Row - Hand Support Only		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 - Feet on Ball		1st Set / 8-10 Reps			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Band Walks		1st Set / 8-10 Reps			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Pullovers on Ball		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	
Floor Push Up		1st Set / 8-10 Reps			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Single Leg Bicep Curl			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
Triceps Extension on Ball			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
Double Leg Jump Down			1st Set / 8-10 Reps			1st Set / 8-10 Reps
			2nd Set / 6 - 8 Reps			2nd Set / 6-8 Reps
Abdominal Activation with Leg Drop			1st Set / 20 Sec. Hold			1st Set / 20 Sec. Hold
			2nd Set / 30 Sec. Hold			2nd Set / 30 Sec. Hold

Balance Training	3 - 5 Minutes					
	Mix it up; feel the challenge but keep safety in mind					
Four Point Balance Training on Ball						
Three Point Balance Training on Ball						
On the Line						
Heel to Toe						
Single Leg Stance with 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>						