



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

The following is your Beginner 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		
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Lunge Btw Chairs		1 Set / 10-12 Reps	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			
Single Leg Stance w/ M'vment			
Variations			
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		
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Lunge Btw Chairs	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Horse Stance Vertical		1 Set / 3 Reps per limb	
Bridging		1 Set / 10-12 Reps	
Bow and Arrow		1 Set / 10-12 Reps	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			
Single Leg Stance w/ Mvment			
Variations			
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		
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Lunge Btw Chairs	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Horse Stance Vertical	1 Set / 3 Reps per limb		1 Set / 3 Reps per limb
Bridging		1 Set / 10-12 Reps	
Bow and Arrow		1 Set / 10-12 Reps	
Alternate Leg Lifts (Prone)		1 Set / 10-12 Reps	
Side Lying Leg Lifts		1 Set / 10-12 Reps	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			
Single Leg Stance w/ Mvement			
Variations			
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		
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Lunge Btw Chairs	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Horse Stance Vertical	1 Set / 3 Reps per limb		1 Set / 3 Reps per limb
Bridging	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Bow and Arrow		1 Set / 10-12 Reps	
Alternate Leg Lifts (Prone)		1 Set / 10-12 Reps	
Side Lying Leg Lifts		1 Set / 10-12 Reps	
Angels in The Snow		1 Set / 10-12 Reps	
Wall Push-up		1 Set / 10-12 Reps	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			

Sing Leg Stance w/ Mvment			
Variations			
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		
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Reverse Lunge Btw Chairs	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Horse Stance Vertical	1 Set / 3 Reps per limb		1 Set / 3 Reps per limb
Bridging	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Bow and Arrow	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Alternate Leg Lifts (Prone)		1 Set / 10-12 Reps	
Side Lying Leg Lifts		1 Set / 10-12 Reps	
Angels in The Snow		1 Set / 10-12 Reps	
Wall Push-up		1 Set / 10-12 Reps	
Standing Biceps Curl		1 Set / 10-12 Reps & ___lbs/kg	
Triceps Extension from Floor		1 Set / 10-12 Reps & ___lbs/kg	

Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			
Single Leg Stance w/ Mvment			
Variations			
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		
Wall & Ball Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Reverse Fly	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Reverse Lunge Btw Chairs	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Horse Stance Vertical	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	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Bow and Arrow	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Alternate Leg Lifts (Prone)	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Side Lying Leg Lifts		1st Set / 10-12 Reps	1st Set / 10-12 Reps
		2nd Set / 8-10 Reps	2nd Set / 8-10 Reps
Angels in The Snow		1st Set / 10-12 Reps	1st Set / 10-12 Reps
		2nd Set / 8-10 Reps	2nd Set / 8-10 Reps

Wall Push-up		1st Set / 10-12 Reps	1st Set / 10-12 Reps
		2nd Set / 8-10 Reps	2nd Set / 8-10 Reps
Standing Biceps 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 from Floor		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
Heel Drops		1 Set / 10-12 Reps	1 Set / 10-12 Reps
Abdominal Activation		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		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			
Single Leg Stance w/ Mvment			
Variations			
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		
Wall & Ball Squats	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Reverse Fly	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Reverse Lunge Btw Chairs	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Horse Stance Vertical	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 / 3 Reps per limb		2nd Set / 3 Reps per limb
Bridging	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Bow and Arrow	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Alternate Leg Lifts (Prone)	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Side Lying Leg Lifts		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	
Angels in The Snow		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	
Wall Push-up		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	

Standing Biceps Curl		1st Set / 8-10 Reps & ___ lbs/ kg	
		2nd Set / 6-8 Reps & ___ lbs/ kg	
Triceps Extension from Floor		1st Set / 8-10 Reps & ___ lbs/ kg	
		2nd Set / 6-8 Reps & ___ lbs/ kg	
Heel Drops		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	
Abdominal Activation		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		
Body Sway - Side to side			
Body Sway - Forward & Back			
Body Sway - Circular			
Stepping			
Stepping - On the Line			
Single Leg Stance			
Single Leg Stance w/ Mvment			
Variations			
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 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.			