



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						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Reverse Lunge Between Chairs	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					
Body Sway - Side to side						
Body Sway - Forward and Back						
Body Sway - Circular						
Stepping						
Stepping - On the Line						
Single Leg Stance						
Sing Leg Stance with Movement						
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						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
Wall & Ball Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Reverse Fly	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Reverse Lunge Between Chairs	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Horse Stance Vertical		1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps
Bridging		1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps
Bow and Arrow		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					
Body Sway - Side to side						
Body Sway - Forward and Back						
Body Sway - Circular						
Stepping						
Stepping - On the Line						

Single Leg Stance						
Sing Leg Stance with Movement						
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						

Weeks 3 - 4						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
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 Between Chairs	1 Set / 10-12 Reps			1 Set / 10-12 Reps		
Horse Stance Vertical		1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps
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			1 Set / 10-12 Reps
Side Lying Leg Lifts			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					
Body Sway - Side to side						
Body Sway - Forward and Back						
Body Sway - Circular						

Stepping						
Stepping - On the Line						
Single Leg Stance						
Sing Leg Stance with Movement						
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						

Weeks 5 - 7						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
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 Between Chairs	1 Set / 10-12 Reps			1 Set / 10-12 Reps		
Horse Stance Vertical	1 Set / 10-12 Reps			1 Set / 10-12 Reps		
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			1 Set / 10-12 Reps	
Side Lying Leg Lifts			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Angels in The Snow			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Wall 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					
Body Sway - Side to side						
Body Sway - Forward and Back						
Body Sway - Circular						
Stepping						
Stepping - On the Line						
Single Leg Stance						
Single Leg Stance with Movement						
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						

Weeks 8 - 9						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
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 Between Chairs	1 Set / 10-12 Reps			1 Set / 10-12 Reps		
Horse Stance Vertical	1 Set / 10-12 Reps			1 Set / 10-12 Reps		
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			1 Set / 10-12 Reps	
Side Lying Leg Lifts		1 Set / 10-12 Reps			1 Set / 10-12 Reps	
Angels in The Snow			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Wall Push-up			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Bicep Curl Standing			1 Set / 10-12 Reps & ___ lbs/kg			1 Set / 10-12 Reps & ___ lbs/kg
Triceps Extension from Floor			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					
Body Sway - Side to side						
Body Sway - Forward and Back						
Body Sway - Circular						
Stepping						
Stepping - On the Line						
Single Leg Stance						
Single Leg Stance with Movement						
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						

Weeks 10 - 11						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
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 Between 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 / 10-12 Reps			1st Set / 10-12 Reps		
	2nd Set / 8-10 Reps			2nd Set / 8-10 Reps		
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 and Back						
Body Sway - Circular						
Stepping						
Stepping - On the Line						
Single Leg Stance						
Single Leg Stance with Movement						
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**						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm Up	3 Minutes					
Energy Tree	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
Curtsey	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
Marching	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					
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 Between 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 / 8-10 Reps			1st Set / 8-10 Reps		
	2nd Set / 6-8 Reps			2nd Set / 6-8 Reps		
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			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Angels in The Snow		1st Set / 8-10 Reps			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Wall Push-up		1st Set / 8-10 Reps			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Standing Biceps 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 from Floor			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
Heel Drops			1st Set / 8-10 Reps			1st Set / 8-10 Reps
			2nd Set / 6-8 Reps			2nd Set / 6-8 Reps
Abdominal Activation			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					
Body Sway - Side to side						
Body Sway - Forward and Back						
Body Sway - Circular						
Stepping						
Stepping - On the Line						
Single Leg Stance						
Single Leg Stance with Movement						
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						
<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>						