



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

The following is your Elite 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		
Single Leg Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Ball T's, M's, Y's	1 Set / 4-5 Reps each & ___lbs/kg		1 Set / 4-5 Reps each & ___lbs/kg
Walking Lunge with Weight		1 Set / 10-12 Reps & ___lbs/kg	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			
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		
Single Leg Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps
Ball T's, M's, Y's	1 Set / 4-5 Reps each & ___lbs/kg		1 Set / 4-5 Reps each & ___lbs/kg
Walking Lunge with Weight	1 Set / 10-12 Reps & ___lbs/kg		1 Set / 10-12 Reps & ___lbs/kg
Step Up with Overhead Lift		1 Set / 10-12 Reps & ___lbs/kg	
Hip Raises		1 Set / 10-12 Reps	
Single Leg Row		1 Set / 10-12 Reps & ___lbs/kg	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			

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		
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		
Single Leg Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Ball T's, M's, Y's	1st Set / 4-5 Reps each & ___lbs/kg		1st Set / 4-5 Reps each & ___lbs/kg
	2nd Set / 3-4 Reps each & ___lb/kg		2nd Set / 3-4 Reps each & ___lb/kg
Walking Lunge 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
Step Up with 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
Hip Raises (A & B)		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	
Single Leg Row		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Hip Raises (C)		1 Set / 10-12 Reps	
Side Leg Lifts on Ball		1 Set / 10-12 Reps	

Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			
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		
Single Leg Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Ball T's, M's, Y's	1st Set / 4-5 Reps each & ___ lbs/kg		1st Set / 4-5 Reps each & ___ lbs/kg
	2nd Set / 3-4 Reps each & ___ lb/kg		2nd Set / 3-4 Reps each & ___ lb/kg
Walking Lunge 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
Step Up with 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
Hip Raises (A & B)	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Single Leg Row		1st Set / 10-12 Reps & ___ lbs/kg	
		2nd Set / 8-10 Reps & ___ lbs/kg	
Hip Raises (C)		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	
Side Leg Lifts on Ball		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	
Pullovers on Ball		1 Set / 10-12 Reps & ___ lbs/kg	
Push Up with a Twist		1 Set / 10-12 Reps	

Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			
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		
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		
Single Leg Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Ball T's, M's, Y's	1st Set / 4-5 Reps each & ___lbs/kg		1st Set / 4-5 Reps each & ___lbs/kg
	2nd Set / 3-4 Reps each & ___lb/kg		2nd Set / 3-4 Reps each & ___lb/kg
Walking Lunge 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
Step Up with 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
Hip Raises (A & B)	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Single Leg Row	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 (C)		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	
Side Leg Lifts on Ball		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	
Push Up with a Twist		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	

Lateral Lunge with Bicep Curl		1 Set / 10-12 Reps & ___ lbs/kg	
Triceps Extension Ball (A & B)		1 Set / 10-12 Reps & ___ lbs/kg	
Balance Training	3 - 5 Minutes		
	Mix it up; feel the challenge but keep safety in mind		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			
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			
	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		
Single Leg Squats	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Ball T's, M's, Y's	1st Set / 4-5 Reps each & ___ lbs/kg		1st Set / 4-5 Reps each & ___ lbs/kg
	2nd Set / 3-4 Reps each & ___ lb/kg		2nd Set / 3-4 Reps each & ___ lb/kg
Walking Lunge 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
Step Up with 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
Hip Raises (A & B)	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Single Leg Row	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 (C)	1st Set / 10-12 Reps		1st Set / 10-12 Reps
	2nd Set / 8-10 Reps		2nd Set / 8-10 Reps
Side Leg Lifts on Ball		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	
Push Up with a Twist		1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps	

Lateral Lunge with Bicep Curl		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Triceps Extension Ball (A & B)		1st Set / 10-12 Reps & ___lbs/kg	
		2nd Set / 8-10 Reps & ___lbs/kg	
Squat Jumps		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		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			
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		
Single Leg Squats	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Ball T's, M's, Y's	1st Set / 3-4 Reps each & ___lb/kg		1st Set / 3-4 Reps each & ___lb/kg
	2nd Set / 2-3 Reps each & ___lb/kg		2nd Set / 2-3 Reps each & ___lb/kg
Walking Lunge with Weight	1st Set / 8-10 Reps & ___lb/kg		1st Set / 8-10 Reps & ___lb/kg
	2nd Set / 6-8 Reps & ___lb/kg		2nd Set / 6-8 Reps & ___lb/kg
Step Up with Overhead Lift	1st Set / 8-10 Reps & ___lb/kg		1st Set / 8-10 Reps & ___lb/kg
	2nd Set / 6-8 Reps & ___lb/kg		2nd Set / 6-8 Reps & ___lb/kg
Hip Raises (A & B)	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Single Leg Row	1st Set / 8-10 Reps & ___lb/kg		1st Set / 8-10 Reps & ___lb/kg
	2nd Set / 6-8 Reps & ___lb/kg		2nd Set / 6-8 Reps & ___lb/kg
Hip Raises (C)	1st Set / 8-10 Reps		1st Set / 8-10 Reps
	2nd Set / 6-8 Reps		2nd Set / 6-8 Reps
Side Leg Lifts on Ball		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	
Pullovers on Ball		1st Set / 8-10 Reps & ___lb/kg	
		2nd Set / 6-8 Reps & ___lb/kg	
Push Up with a Twist		1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps	

Lateral Lunge with Bicep Curl		1st Set / 8-10 Reps & ___lb/ kg	
		2nd Set / 6-8 Reps & ___lb/ kg	
Triceps Extension Ball (A & B)		1st Set / 8-10 Reps & ___lb/ kg	
		2nd Set / 6-8 Reps & ___lb/ kg	
Squat Jumps		1st Set / 8-10 Reps	
		2nd Set / 6-8 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		
Around the Clock			
3 Point Balance on Ball			
Kneeling on Ball			
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.