



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						
	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					
Single Leg Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Ball T's, M's, Y's	1 Set / 4-5 Reps each & ___lb/kg		1 Set / 4-5 Reps each & ___lb/kg		1 Set / 4-5 Reps each & ___lb/kg	
Walking Lunge with Weight	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					
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						
	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					
Single Leg Squats	1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps	
Ball T's, M's, Y's	1 Set / 4-5 Reps each & ___lb/kg		1 Set / 4-5 Reps each & ___lb/kg		1 Set / 4-5 Reps each & ___lb/kg	
Walking Lunge with Weight	1 Set / 10-12 Reps & ___lbs/kg		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		1 Set / 10-12 Reps & ___lbs/kg		1 Set / 10-12 Reps & ___lbs/kg
Hip Raises		1 Set / 10-12 Reps		1 Set / 10-12 Reps		1 Set / 10-12 Reps
Single Leg Row		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					
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 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					
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 & ___lb/kg			1st Set / 4-5 Reps each & ___lb/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)			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Side Leg Lifts on Ball			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					
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 - 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					
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 & ___lb/kg			1st Set / 4-5 Reps each & ___lb/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			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
Push Up with a Twist			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					
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 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					
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 & ___lb/kg			1st Set / 4-5 Reps each & ___lb/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			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
Push Up with a Twist			1st Set / 10-12 Reps			1st Set / 10-12 Reps
			2nd Set / 8-10 Reps			2nd Set / 8-10 Reps
Lateral Lunge with Bicep Curl			1 Set / 10-12 Reps & ___lbs/kg			1 Set / 10-12 Reps & ___lbs/kg
Triceps Extension on Ball (A & B)			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					
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						
	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					
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 & ___lb/kg			1st Set / 4-5 Reps each & ___lb/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			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	
Push Up with a Twist		1st Set / 10-12 Reps			1st Set / 10-12 Reps	
		2nd Set / 8-10 Reps			2nd Set / 8-10 Reps	
Lateral Lunge with 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 (A & B)			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
Squat Jumps			1 Set / 10-12 Reps			1 Set / 10-12 Reps
Abdominal Activation w 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					
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**						
	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					
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 & ___lb/kg			1st Set / 8-10 Reps & ___lb/kg	
		2nd Set / 6-8 Reps & ___lb/kg			2nd Set / 6-8 Reps & ___lb/kg	
Pullovers on Ball		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	
Push Up with a Twist		1st Set / 8-10 Reps			1st Set / 8-10 Reps	
		2nd Set / 6-8 Reps			2nd Set / 6-8 Reps	
Lateral Lunge with Bicep Curl			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
Triceps Extension on Ball (A & B)			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
Squat Jumps			1st Set / 8-10 Reps			1st Set / 8-10 Reps
			2nd Set / 6-8 Reps			2nd Set / 6-8 Reps
Abdominal Activation w 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					
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						
<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>						