Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

ABSOLUTE BEGINNER

Building Strength, Balance and Confidence

1. BEFORE YOU BEGIN

- If you have osteoporosis, prior fractures, significant back pain, or balance issues, check with your clinician or a physical therapist before beginning.
- Avoid loaded forward bending of the spine (e.g., toe touches, sit ups/crunches) and high impact jumping if you have low bone mass.

2. WEEKLY MOVEMENT PLAN (BEGINNER)

Strength training	**2 days per week** (non consecutive), e.g., Tuesday & Friday.
Weight bearing cardio	**3–5 days per week, 20–30 minutes** (brisk walking, dancing, light stair climbing).
Balance + posture	**5–10 minutes most days** (can be after walks or strength sessions).

3. WARM UP (5 MINUTES)

- March in place – 2 minutes
- Arm circles forward/back – 30 seconds each
- Sit to stand from a chair – 10 slow reps
- Heel raises holding a counter – 15 reps

4. COOL DOWN (3–5 MINUTES)

- Gentle chest stretch in a doorway – 20–30 seconds
- Calf stretch against wall – 20–30 seconds each side
- Seated thoracic extension (hands behind head, gently lift chest) – 5 slow breaths

5. BEGINNER FULL BODY STRENGTH SESSION (30–40 MINUTES)

Do this routine on 2 days per week. Start with 1–2 sets of each exercise, 8–12 reps, and build to 2–3 sets over 4–6 weeks as you feel confident.

#	EXERCISE	HOW TO DO IT	SETS × REPS	WHY IT'S BENEFICIAL
1	**Sit to stand** (chair squat)	From a sturdy chair, stand up pushing through your heels, then sit back down with control.	1–2 × 8–12	Strengthens quads, glutes and hips; loads the spine and femur for bone.
2	**Wall push up**	Stand facing a wall, hands slightly wider than shoulders. Bend elbows to bring chest toward wall, then push back.	1–2 × 8–12	Chest, shoulders, triceps; supports upper body bone density.
3	**Bent over row** (with light dumbbells, bands or water bottles)	Hinge slightly at hips, back flat, arms hanging. Pull weights toward your ribs, squeezing shoulder blades together, then lower.	1–2 × 8–12	Upper back and biceps; improves posture and strengthens spine supporting muscles.
4	**Step up onto a low step or sturdy book**	Step up with right foot, bring left foot to meet it, then step down. Alternate leading leg. Use a handrail if needed.	1–2 × 8–10 each leg	Legs and glutes; functional and weight bearing for hip bone.
5	**Glute bridge**	Lie on your back, knees bent, feet flat. Lift hips until shoulders hips knees form a diagonal, squeeze glutes, then lower slowly.	1–2 × 8–12	Glutes and posterior chain; supports hips and lower back.
6	**Heel raises** (calf raises)	Stand holding a counter, rise up onto toes, then lower slowly.	1–2 × 12–15	Lower legs and ankle stability; helps prevent falls.
7	**Bird dog** (core + back)	On hands and knees, extend right arm forward and left leg back, hold 2–3 seconds, return, then switch sides. Keep spine neutral (no arching).	1–2 × 6–8 each side	Core and back stabilizers; supports spine without risky flexion.

6. BALANCE AND POSTURE MINI ROUTINE (5–10 MINUTES, MOST DAYS)

Do this after a walk or your strength session.

1. **Single leg stand** (hold counter)
   2 × 20–30 seconds each leg
2. **Heel to toe walk along a hallway or counter**
   2 lengths forward, 2 back
3. **Chin tucks + shoulder blade squeezes**
   10 slow reps; gently draw chin back, then squeeze shoulder blades down and together
4. **Wall angels (if comfortable)**
   Stand with back to wall, arms in "goalpost" position, slide arms up and down within a pain free range, 8–10 reps

7. HOW TO PROGRESS SAFELY OVER 8–12 WEEKS

Weeks 1–2	1 set of each exercise, light or no weights, focus on form.
Weeks 3–4	2 sets of each exercise; add light dumbbells or bands, or filled water bottles if movements feel easy.
Weeks 5–8	2–3 sets; gradually increase weight or reps so the last 2 reps feel moderately hard but controlled.
Rule of thumb	Increase weight or total reps by about 5–10% every 2–4 weeks if you're recovering well and pain free.

8. SIMPLE WEEKLY EXAMPLE

Mon	20–30 min brisk walk + 5–10 min balance/posture
Tue	Beginner strength session (above)
Wed	20–30 min walk or gentle dance
Thu	Rest or light stretching + balance
Fri	Beginner strength session
Sat	20–30 min walk, stairs, or gardening
Sun	Rest or gentle mobility

This is a gentle, bone and muscle focused beginner routine you can start at home with minimal equipment. It's designed for someone new to strength training who wants to protect against muscle loss and support bone density.

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BEGINNER VIDEO RESOURCES

Learn the Movements • Exercise Along • Build Confidence

1. RECOMMENDED YOUTUBE INSTRUCTORS

INSTRUCTOR / CHANNEL	PRIMARY FOCUS
Senior Shape Fitness (Senior Shape)	Strength training specifically for seniors and true beginners; many videos use dumbbells but emphasize light weights and perfect form.
Curtis Adams / Senior Exercise TV	Gentle seated and standing workouts, clear instruction and modifications for different ability levels.
Workout With Gail	Joint-friendly resistance training, balance and posture; suitable for beginners.
Angie Miller Fitness	Absolute-beginner cardio and strength, low impact and easy to follow.
Justin Agustin	Accessible, functional exercise for all fitness levels, including seniors and those new to strength training.
Mind Body Horizons	Physiotherapy-led strength and mobility routines, with safe progressions and clear cues.

2. SIX BEGINNER WORKOUT VIDEOS

CHANNEL	WORKOUT TITLE	WHAT TO EXPECT
yes2next	20-Minute Chair Strength	Full body chair workout using light weights or body weight. Gentle and easy to follow.
Senior Shape Fitness	Stronger Core & Balance	Builds strength and balance with clear instruction and modifications.
Stronger Seniors	Standing Sequence	Beginner standing exercises using a chair for support. Great for building confidence.
SeniorFitOnline	10-Minute Chair & Standing Workout	Short, effective routine for strength and mobility. Ideal for beginners.
Improved Health	Full-Body Seated or Standing Workout	Choose seated or standing options. Focus on strength, mobility and balance.
HASfit	20-Minute Strength Training for Seniors	Low impact, beginner-friendly full body workout with clear instruction.

3. CHOOSING YOUR STARTING POINT

Select the option that best matches your current fitness level, and progress as you feel ready.

YOUR CURRENT LEVEL	RECOMMENDED APPROACH
Prefer seated exercises	Start with chair-based workouts (e.g., yes2next, SeniorFitOnline or Improved Health).
Can stand with support	Use workouts that include both seated and standing options (e.g., Senior Shape Fitness, Stronger Seniors).
Ready for more standing exercises	Try full standing routines with a chair for balance (e.g., HASfit or Justin Agustin).

4. YOUR 8–12 WEEK VIDEO PROGRESSION

Gradually increase your activity as your strength, balance and confidence improve.

WEEKS	FOCUS
1–2	Mostly seated workouts. Shorter sessions. Focus on learning the movements and proper form.
3–4	Introduce selected standing movements and slightly longer sessions.
5–8	Mix seated and standing exercises. Increase repetitions or light resistance as able.
9–12	Progress toward mostly standing routines, as appropriate for your goals and comfort level.

5. TIPS FOR GETTING THE MOST FROM YOUR VIDEO WORKOUTS

BEFORE YOU START

- Check with your clinician or a physical therapist if you have osteoporosis, prior fractures, significant back pain or balance issues.
- Use a sturdy chair, clear space and wear supportive footwear.
- Have light dumbbells, resistance bands or filled water bottles if recommended.
- Start with shorter videos and pause when needed.
- Focus on proper form rather than speed or number of repetitions.
- Modify movements as needed and choose low impact options if you have low bone mass.

AS YOU PROGRESS

- Gradually try longer or slightly more challenging videos.
- Increase resistance or repetitions as you feel stronger and more confident.
- Look for videos labeled "absolute beginner," "seniors" or "chair workout" if you prefer seated options.
- Choose instructors who provide clear guidance and modifications.
- Be consistent—regular practice helps build strength, balance and bone density.
- Stop any exercise that causes pain and consult a healthcare professional if symptoms persist.

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INTERMEDIATE

Building Muscle Strength & Supporting Bone Density

1. INTERMEDIATE WEEKLY SCHEDULE

DAY	TRAINING FOCUS
Monday	Full-body resistance training A + short balance work
Tuesday	Brisk walking or other weight-bearing cardio, 30–45 minutes
Wednesday	Full-body resistance training B + mobility
Thursday	Cardio with optional gentle impact, 25–40 minutes
Friday	Full-body resistance training C + balance work
Saturday	Longer walk, stairs, dancing, or recreational activity
Sunday	Rest or gentle mobility

Keep at least one day between challenging resistance sessions for the same muscle groups.

2. RESISTANCE WORKOUT A

Perform 2–3 sets of 8–12 repetitions.

#	EXERCISE
1	Goblet squat or leg press
2	Romanian deadlift with dumbbells
3	Seated cable row or resistance-band row
4	Dumbbell chest press or incline push-up
5	Step ups or split squats
6	Dumbbell overhead press, if comfortable
7	Calf raises
8	Bird-dog or anti-rotation Pallof press

3. RESISTANCE WORKOUT B

Perform 2–3 sets of 8–12 repetitions.

#	EXERCISE
1	Deadlift from raised blocks or a hip-hinge machine
2	Reverse lunge or supported split squat
3	Lat pulldown
4	Dumbbell bench press or wall push-up
5	Hip thrust or glute bridge
6	One-arm dumbbell row
7	Face pulls or band pull-aparts
8	Side plank (begin with knees bent if needed)

4. RESISTANCE WORKOUT C

Perform 2–3 sets of 8–12 repetitions.

#	EXERCISE
1	Leg press or sit-to-stand with a dumbell
2	Hamstring curl
3	Supported step-up
4	Seated row
5	Incline dumbbell press
6	Farmer's carry for 20–40 seconds
7	Back-extension or standing spinal-extension exercise
8	Heel-to-toe walk or single-leg balance near a support

5. CARDIO, IMPACT & BALANCE

- **Weight-bearing cardio:** Brisk walking, stair climbing, hiking, dancing or low-impact aerobics for 30–45 minutes on 2–3 days.
- **Optional impact:** If you have no osteoporosis, add 5–10 minutes of gentle hops, heel drops or faster stair climbing once or twice weekly.
- **Balance:** Do 5–10 minutes at least 3 days weekly—single-leg stands, tandem walking, heel raises and controlled step-overs.

6. HOW TO PROGRESS SAFELY

- For the first two weeks, use 2 sets and a moderate weight.
- When you can complete 12 repetitions in every set with controlled form for two workouts, increase the load by about 2–5 % and return to 8–10 repetitions.
- Keep a log of exercises, weight, repetitions and how you feel.

7. IMPORTANT SAFETY NOTES

- Stop and seek medical advice for sharp pain, new back pain, chest pain, faintness or unusual shortness of breath.
- If you have not trained recently, begin with lighter loads and consider a supervised session to check technique.
- Learn proper form before increasing intensity.

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ADVANCED — PART ONE

Weekly Training & Resistance Workouts

1. ADVANCED WEEKLY TRAINING SCHEDULE

A balanced mix of strength, power, cardio, balance and recovery.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Heavy lower-body strength	**Upper-body strength and balance**	**Recovery cardio and mobility**	**Lower-body power and hypertrophy**	**Upper-body strength and carries**	**Bone-loading conditioning**	**Rest or gentle walking**
Build strength and bone density.	Build upper-body strength and postural stability.	Active recovery to support circulation and flexibility.	Increase power, strength and bone loading.	Build strength, functional fitness and core stability.	Walking, stairs, dancing or low-impact conditioning.	Recovery and preparation for the week ahead.

2. ADVANCED RESISTANCE TRAINING WORKOUTS

Perform 2–4 sets of each exercise. Choose a weight that challenges you while maintaining good form. Rest 45–90 seconds between sets.

MONDAY — HEAVY LOWER BODY

Build strength and bone density.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Squat (goblet or barbell)	3–4 × 6–8	Builds lower-body strength and bone density.
Romanian deadlift	3–4 × 6–8	Strengthens posterior chain.
Split squat or lunge	3 × 8–10 each leg	Builds unilateral strength and stability.
Hip thrust	3 × 8–10	Targets glutes and hip strength.
Calf raises	3 × 12–15	Strengthens calves and supports bone health.
Pallof press (core)	3 × 10–12 each side	Builds core stability and anti-rotation strength.
Farmer's carry	3 × 30–60 sec	Builds grip strength, core stability and functional fitness.

TUESDAY — UPPER BODY

Build upper-body strength and postural stability.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Chest press (dumbbells or machine)	3–4 × 8–10	Builds chest, shoulder and arm strength.
Seated or standing row	3–4 × 8–10	Strengthens upper back and improves posture.
Shoulder press	3 × 8–10	Builds shoulder strength and stability.
Lat pulldown	3 × 8–10	Strengthens back and improves posture.
Bicep curl	3 × 10–12	Builds arm strength.
Tricep extension	3 × 10–12	Strengthens triceps.
Face pull or reverse fly	3 × 10–12	Supports shoulder health and posture.
Single-leg balance	2 × 30 sec each leg	Improves balance, proprioception and fall prevention.

THURSDAY — LOWER BODY POWER

Increase power, strength and bone loading.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Step up (higher step)	3–4 × 6–8 each leg	Builds unilateral strength and power.
Squat (heavier)	3–4 × 6–8	Increases lower-body strength and bone loading.
Deadlift or trap bar deadlift	3–4 × 6–8	Builds total-body strength.
Walking lunge	3 × 8–10 each leg	Improves strength, balance and coordination.
Hamstring curl	3 × 10–12	Strengthens hamstrings.
Hip thrust	3 × 8–10	Builds glutes and hip strength.
Calf raises	3 × 12–15	Supports bone health and lower-leg strength.
Medicine ball move (if appropriate)	3 × 8–12	Adds power and explosiveness (if appropriate).

FRIDAY — UPPER BODY STRENGTH

Build strength, functional fitness and core stability.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Incline or flat press	3–4 × 8–10	Builds upper chest strength.
One-arm row	3–4 × 8–10 each arm	Improves unilateral strength and core stability.
Lat pulldown or pull-up (assisted if needed)	3 × 8–10	Strengthens upper back and shoulders.
Overhead press	3 × 8–10	Builds shoulder strength.
Lateral raise	3 × 10–12	Targets shoulder stability and bone health.
Bicep curl	3 × 10–12	Builds arm strength.
Tricep dip or extension	3 × 10–12	Tricogthens triceps.
Farmer's carry	3 × 30–60 sec	Builds grip strength, core stability and functional fitness.
Core exercise (plank, Pallof press)	3 × 20–40 sec	Builds core stability and supports posture.

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ADVANCED — PART TWO

Bone Loading, Progression & Long-Term Safety

3. SATURDAY BONE-LOADING CONDITIONING

Choose activities that challenge your bones and cardiovascular system while remaining safe and enjoyable.

OPTIONS	GUIDELINES
Brisk walking (30–45 minutes)	Aim for 20–45 minutes.
Stairs or hill walking	Include moderate intensity.
Dancing	Choose low-impact options if you have low bone mass or previous fractures.
Gardening or outdoor activities	Focus on consistency.
Sled work (if available)	Listen to your body and modify as needed.
Low-impact impact exercises (e.g., step-ups, light jumping if appropriate)	

4. FOUR-WEEK PROGRESSION CYCLE

Gradually increase the challenge to continue building strength, bone density and overall fitness.

WEEK	FOCUS
1	Establish moderate-heavy training. Focus on good form and technique.
2	Increase repetitions or weight slightly. Maintain good form.
3	Increase selected training demands (weight, sets or reps). Challenge yourself while staying safe.
4	Deload and recover. Reduce volume slightly to allow for recovery and prepare for the next cycle.

5. IMPORTANT BONE-SAFETY MODIFICATIONS

Protect your bones while still building strength and fitness.

- Avoid loaded forward bending of the spine (e.g., toe touches, sit ups/crunches).
- Modify high-impact activities if you have low bone mass or previous fractures.
- Use proper technique and progress gradually.
- Choose stable, supported movements if needed (e.g., use a chair, wall or rail).
- Focus on controlled movements rather than speed.
- Include balance training to help prevent falls.
- Consider working with a qualified fitness professional or physical therapist if you have osteoporosis, prior fractures, significant back pain or balance issues.

6. ADDITIONAL TIPS FOR LONG-TERM SUCCESS

- Be consistent — regular exercise helps build and maintain bone density.
- Progress gradually — increase weight or total reps by about 5–10% every 2–4 weeks if you are recovering well and pain free.
- Include a variety of exercises to work all major muscle groups.
- Get adequate rest and recovery between sessions.
- Combine strength training with weight-bearing cardio and balance work.
- Listen to your body and modify exercises if you experience pain.
- Stay hydrated, eat a balanced diet and get enough calcium and vitamin D as recommended.
- Consult a healthcare professional if you have any concerns or symptoms.

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EXERCISE REFERENCE & VIDEO PROGRESSION

Your 8–12 Week Movement Journey

1. YOUR 8–12 WEEK VIDEO PROGRESSION

WEEKS	FOCUS	WHAT TO EXPECT
1 – 2	**BUILD A FOUNDATION** Learn the movements and develop proper form.	◆ Mostly seated workouts with shorter sessions. ◆ Focus on learning the movements and proper form. ◆ Build confidence and consistency.
3 – 4	**INCREASE AND PROGRESS** Introduce selected standing movements.	◆ Add standing exercises. ◆ Slightly longer sessions. ◆ Begin to increase repetitions as you feel stronger.
5 – 8	**BUILD STRENGTH** Mix seated and standing exercises.	◆ Increase repetitions or light resistance as able. ◆ Continue to improve strength, balance and **endurance**.
9 – 12	**ESTABLISH A ROUTINE** Progress toward mostly standing routines.	◆ Move toward mostly standing exercises. ◆ Choose routines appropriate for your goals and comfort level. ◆ Be ready to continue beyond 12 weeks.

2. TIPS FOR GETTING THE MOST FROM YOUR VIDEO WORKOUTS

BEFORE YOU START

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- Stop any exercise that causes pain and consult a healthcare professional if symptoms persist.

Move Well Today for a Stronger Tomorrow.