

# 21 DAY MANAGE YOUR OSTEOPOROSIS PROGRAMME

These 7 days represent a typical week workout.

## Week 1:

3 x 10 repetitions for each exercise per day.

## Week 2:

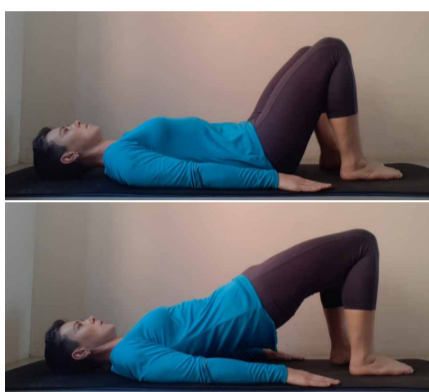
3 x 15 repetitions for each exercise per day.

## Week 3:

Start adding light weights or an exercise band. 3 x 15 repetitions for each exercise per day

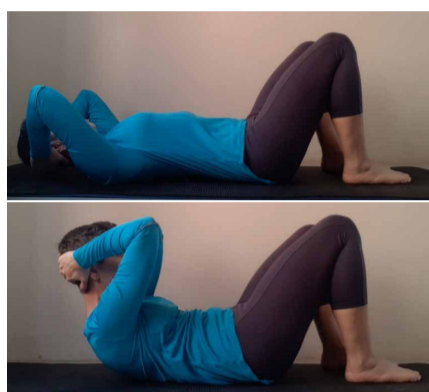
Stretches for week 1 - 3 should be done with each stretch held for 10 seconds, repeated 3 times

### DAY 1



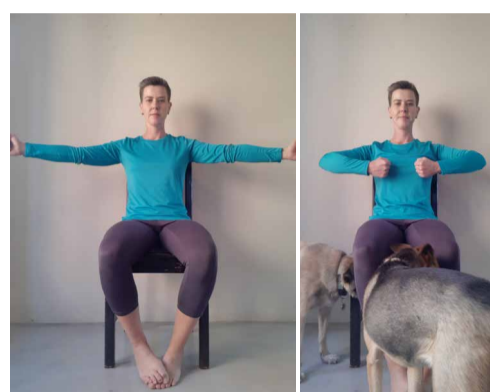
#### BRIDGES

Focused on working bum & hamstrings



#### CRUNCHES

Focused on working stomach



#### SEATED FLYS

Focused on working shoulders

### DAY 2



#### STRETCH 1

Hamstring stretch



#### STRETCH 2

Bum stretch



#### STRETCH 3

Neck stretch

### DAY 3



#### BENT LEG LIFTS

Focused on working bum



#### WALL PUSH UPS

Focused on working arms & shoulders



#### CALF RAISES

Focused on working calves

### DAY 4



#### STRETCH 1

Front thigh stretch



#### STRETCH 2

Shoulder stretch



#### STRETCH 3

Back stretch

### DAY 5



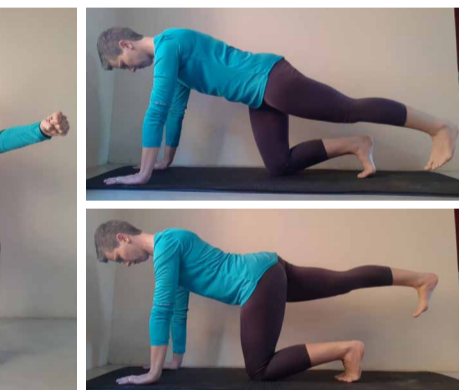
#### SIT & STAND

Focused on working legs



#### SIDE RAISES

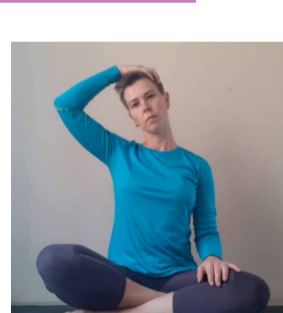
Focused on working shoulders



#### DONKEY KICKS

Focused on working bum

### DAY 6



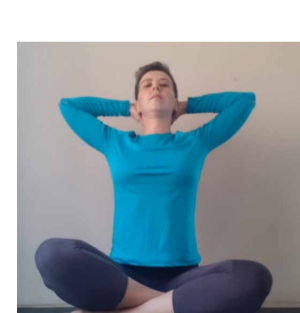
#### STRETCH 1

Neck stretch



#### STRETCH 2

Hip flexor stretch



#### STRETCH 3

Chest stretch

### DAY 7



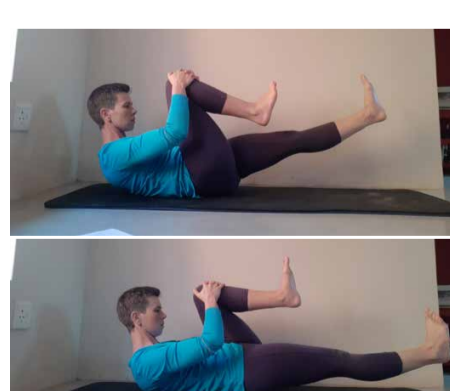
#### STANDING SIDE LEG RAISES

Focused on working bum



#### SINGLE LEG BALANCE

Focused on working balance



#### KNEE TO CHEST WITH CRUNCH HOLD

Focused on working stomach

*pharma* *dynamics*

EFFECTIVE AFFORDABLE HEALTHCARE



**Wessels**

BIOKINETICISTS

PR: 0910000438685

#### Disclaimer:

Due to various stages of osteoporosis, we recommend you consult with your doctor before starting a new exercise regime.

These exercises are just a guide, trust your body and ability - do not overdo things.

We cannot take responsibility for any injury or damage. Be safe!