

HOMEWORK

EXERCISE SHEET

3
Osteo

WEIGHT BEARING exercises are fantastic for building bone density, however, **FORM** is critical to these movements being effective.

FRONT & SIDE ALIGNMENT: Always place hands/elbows under the shoulder line. Find steadiness in foot placement.

SQUAT: allow sit bones to widen on the squat; maintain position of knees over ankles.

AVOID sagging shoulders; belly drooping; head lowering below spine height; compressing wrists. Start with **LESS** repetitions until your strength builds up.

Exercise repetitions: 8-10 times each

LEG PULL FRONT

Form a plank position. Exhale to raise one leg behind you (no higher than your hip line), inhale to tap the floor. Repeat lifting and lowering 5 times before switching legs.

ADVANCE: perform alternating leg lifts for 10 repetitions.



SIDE LIFT

Forearm on the floor, shoulder above elbow. Exhale to raise hips away from the floor. Inhale at the top and then exhale to lower again. Maintain good shoulder and head alignment throughout.

ADVANCE: Raise top arm to ceiling at the top of the movement.



SIDE PLANK

Hand on the mat, diagonally aligned with shoulder. Begin with one leg extended and other knee supported on the ground. Inhale the arm to the ceiling, exhale to lower it. Evenly distribute your weight between hands, hips and feet.

ADVANCE: allow both legs to straighten.



SQUATS

From standing position, sit into a hinge, allowing the hips to go behind the midline and the trunk to lean diagonally forward. Reach the arms in line with the ears. Press through the heels to return to upright stand.

ADVANCE: stay in seated squat for 3 breaths before returning to stand; add weights for arms.

