

BONE HEALTH CALENDAR

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Warm Up Core Upper Body Strength Balance Yoga/Flexibility Cool Down	Warm Up Upper Body Strength Core Balance Yoga/Flexibility Cool Down	Warm Up Core Upper Body Strength Balance Yoga/Flexibility Cool Down	Warm Up Upper Body Strength Core Balance Yoga/Flexibility Cool Down
Warm UP Core Low Body Strength Balance Yoga/Flexibility Cool Down	Warm Up Low Body Strength Core Balance Yoga/Flexibility Cool Down	Warm Up Core Functional Strength Balance Yoga/Flexibility Cool Down	Warm Up Functional Strength Core Balance Yoga/Flexibility Cool Down
Warm Up Core Functional Strength Balance Yoga/Flexibility Cool Down	Warm Up Functional Strength Core Balance Yoga/Flexibility Cool Down	Warm Up Core Low Body Strength Balance Yoga/Flexibility Cool Down	Warm Up Low Body Strength Core Balance Yoga/Flexibility Cool Down



Tips For Success

- Consistency in your workouts is the key to improved strength, bone density, and improved balance
- Modify exercises whenever necessary. Let us know if you need additional modifications.
- Always use caution when balancing!



Schedule a **one-on-one Wellness consultation** via zoom for a more personalized program.

\$50

Email to schedule
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