KICK ON FITNESS

Build Bone Strength • Improve Stability • Move with Confidence

Osteoporosis-Safe Workout Workbook

Designed for Bone Health	Neutral Spine Throughout	Beginner to Advanced Friendly

Important Reminder

Always consult your physician or physical therapist
before beginning any new exercise program.

NAME

_____

START DATE

_____

Before You Begin

Your Safety Rules

Neutral Spine Always
Always maintain a NEUTRAL SPINE — no rounding forward or twisting under load.

Stop if Pain
Stop immediately if you feel sharp back, hip, or joint pain.

Breathe Properly
Breathe out on the exertion phase — never hold your breath.

Balance Support
Keep a sturdy chair or wall nearby for balance support.

Start Light
Start with bodyweight only; add light resistance (1–3 lbs) only when form is per fect.

Physician Clearance
Get physician clearance before starting, especially with prior fractures.

How to Use This Workbook

Each section contains illustrated exercises with step-by-step cues. Practice each movement slowly, focusing on form before adding repetitions. Use the tracker on the last page to log your progress.

1. **Read Exercise Cues** Study the illustration and steps
2. **Practice the Movement** Focus on form over speed
3. **Track Your Progress** Check off your weekly tracker

What to Avoid Avoid forward spinal flexion (toe touches, crunches, sit-ups), high-impact jumping, and any twisting under load. These movements increase fracture risk in osteoporotic bone.

Recommended Schedule - Aim for Full Workout 3 days per week

Day	Focus
Monday	Full Workout
Tuesday	Rest or Cardio
Wednesday	Full Workout
Thursday	Rest or Cardio
Friday	Full Workout
Saturday	Rest or Cardio
Sunday	Rest or Cardio

SECTION 1

WARM-UP — Prepare Your Body

5–8 minutes

Complete each warm-up movement slowly before any strength training. These mobilize joints, increase circulation, and prime your nervous system.



Seated Ankle Circles

10 circles each direction per foot

- Sit tall in a sturdy chair, feet flat on floor
- Lift one foot off the ground slightly
- Draw slow, controlled circles with your toes
- Reverse direction after 10 circles, then switch feet

Spine Cue: Sit bones grounded, no slouching



Standing Shoulder Rolls

10 forward, 10 backward

- Stand tall with feet hip-width apart
- Roll shoulders up toward ears
- Pull them back and then down in a smooth circle
- Reverse direction after 10 rolls

Spine Cue: Ears over shoulders, chin level



Standing Hip Circles

8 each direction

- Hands on hips, feet hip-width apart
- Gently circle hips in one direction
- Keep knees soft and movements controlled
- Reverse direction after 8 circles

Spine Cue: Move hips, not lower back



Gentle Neck Side Tilts

5 each side, hold 3 sec

- Stand or sit tall with shoulders relaxed
- Slowly tilt right ear toward right shoulder
- Hold for 3 seconds, return to center
- Repeat on left side — no rotation

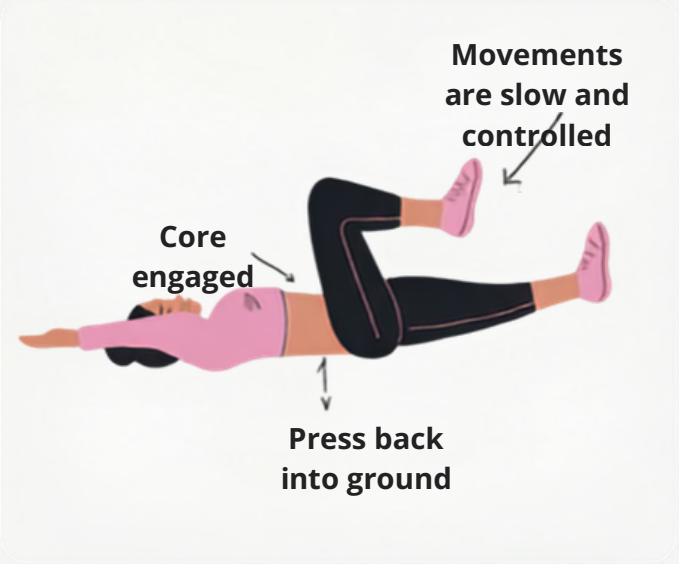
Spine Cue: Keep shoulders down away from ears

SECTION 2
CORE STABILITY — Protect Your Spine

These exercises build the deep stabilizers that support your vertebrae during daily movement. Focus on quality over quantity.

Dead Bug

2 sets x 8 reps per side



1. Lie on back, press low back FLAT into mat.
2. Raise arms straight up, bend knees to 90° tabletop.
3. Slowly lower opposite arm overhead AND extend opposite leg straight — hover above floor.
4. Return to start, switch sides. One rep = both sides.

Spine Cue: Your lower back must stay pressed into the mat the ENTIRE time. If it lifts, reduce your range of motion.

⚠ **Avoid if: acute back pain or unable to maintain flat back**

Bird Dog

2 sets x 8 reps per side



1. Start on hands and knees — wrists under shoulders, knees under hips.
2. Brace core gently.
3. Extend RIGHT arm forward and LEFT leg back simultaneously — hold 3 seconds.
4. Return slowly to start. Switch sides.

Spine Cue: Hips stay SQUARE to the floor — resist the urge to rotate. Imagine balancing a glass of water on your lower back.

⚠ **Avoid if: wrist pain — use fists or forearm**

SECTION 3
LOWER BODY & BALANCE — STRENGTHEN HIPS & LEGS

These exercises target the muscles around your hips, knees, and ankles — key areas for fall prevention and bone loading in the lower body.



Bodyweight Squat to Chair

2 sets × 10 reps

1. Stand in front of a sturdy chair, feet hip-width apart
2. Slowly lower hips back and down as if sitting
3. Lightly touch the chair, then stand back up
4. Keep weight in heels throughout

Spine Cue: Chest stays lifted — no rounding forward. Knees track over toes.



Standing Hip Abduction

2 sets × 10 per side

1. Hold a chair or wall for balance
2. Stand tall, slowly lift one leg out the side
3. Keep toes pointing forward, not up
4. Lower with control — don't swing

Spine Cue: Torso stays VERTICAL - don't lean to the opposite side.



Step-Up (Low Step)

2 sets × 8 per leg

1. Stand facing a low step or bottom stair
2. Place full foot on step, press through heel to stand up
3. Step down slowly with control
4. Alternate legs or complete one side first

Spine Cue: Stand fully upright at the top — no leaning forward.



Single-Leg Balance Hold

2 sets × 20 sec per side

1. Stand near a wall or chair for safety
2. Lift one foot slightly off the floor
3. Hold steady — focus eyes on a fixed point
4. Progress: try eyes closed or on a pillow

Spine Cue: Stand tall through crown of head — no hip dropping.

SECTION 4
UPPER BODY — Build Posture & Wrist Strength

Rowing and pressing movements build the muscles that support upright posture and load the wrist bones — another common fracture site.



Supported Dumbbell Row

2 sets × 10 reps per side

1. Hinge at hips, place one hand and same-side knee on a chair or bench.
2. Hold a light dumbbell in free hand, arm hanging straight down.
3. Drive elbow BACK toward hip, squeezing shoulder blade.

Spine Cue: Keep back FLAT and parallel to floor — no rotation or rounding. Spine is neutral throughout.

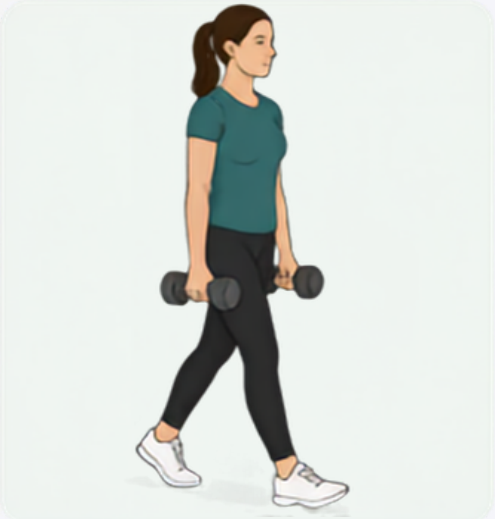


Floor Chest Press

2 sets × 10 reps

1. Lie on back, knees bent, feet flat.
2. Hold a dumbbell in each hand, elbows at 90° resting on floor.
3. Press weights straight up toward ceiling until arms are nearly straight.
4. Lower slowly back to floor.

Spine Cue: Keep low back pressed into mat. The floor limits your range of motion — this protects your shoulders. Do not arch back.



Farmer Carry

2 sets × 20 steps (10 each direction)

1. Hold a light dumbbell in each hand at your sides.
2. Stand tall — shoulders back, chest open, chin level.
3. Walk forward with controlled, deliberate steps for 10 paces.
4. Turn carefully, walk back.

Spine Cue: Resist shrugging shoulders up. The weight should feel like it's trying to pull you down — fight it by standing TALLER.

SECTION 5

COOL-DOWN — Restore & Recover

5–8 minutes

These gentle stretches and breathing exercises help release tension, improve posture, and signal your nervous system to recover.



Seated Thoracic Extension

10 reps, hold 3 sec

- Sit in a sturdy chair with hands behind head
- Gently arch upper back over the top of the chair back
- Hold for 3 seconds, return to neutral

Spine Cue: Move upper back only — don't arch lower back



Hip Flexor Doorway Stretch

30 sec per side

- Step one foot forward in a split stance
- Gently shift weight forward
- Feel a gentle pull at front of rear hip

Spine Cue: Tuck pelvis slightly — no arching low back

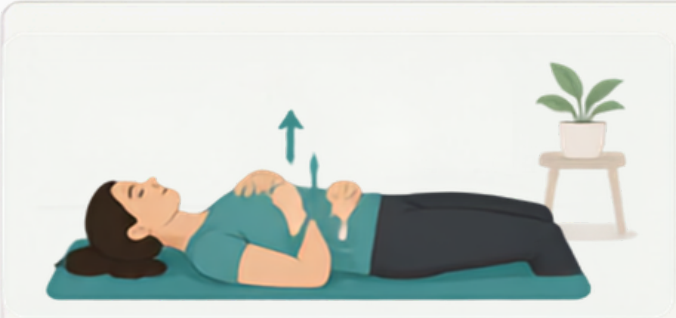


Supine Knee Hug

30 sec per side

- Lie on back on your mat
- Gently pull one knee to chest
- Keep other leg extended on the floor

Spine Cue: Keep head on mat, pull gently — no forcing



Diaphragmatic Breathing

5 deep breaths

- Lie on back, one hand on belly, one on chest
- Inhale through nose for 4 counts - belly rises
- Exhale through mouth for 6 counts - belly falls

Spine Cue: Let your back melt into the mat with each exhale

YOUR PROGRESS

WEEKLY PROGRESS TRACKER

4-Week Progression

WEEK 1

Bodyweight only or very light weights • 1 set per exercise • Focus on form

WEEK 2

Bodyweight only or very light weights (1-3 lbs) • 2 sets per exercise

WEEK 3

Add 1-5 lb weights or increase existing weights 1-3lbs- 2 sets per exercise

WEEK 4

Build to 3 sets per exercise.

Weekly Workout Log

How Did You Feel?

Rate each workout day from 1 (tough) to 5 (great)

Notes

Week 1 notes...

Week 2 notes...

Week 3 notes...

Week 4 notes...

Additional notes...