



Exercise of the Month



Bone Density Building Exercise

Purpose: Bone mass peaks during the third decade of life in most people. Women and men older than age 30 can help prevent bone loss with regular exercise. Weight-bearing and resistance exercises are the best for your bones.

Target Muscles: Gluteus Maximus, Erector Spinae, Quadriceps, Obliques, Deltoids, Triceps, Trapezius, and Hip Abductors

Equipment Needed: Bands with handles

Movement:

Movement 1: Squat and Press

- Place the resistance band under your heels hip width apart and grab the handles with both hands holding at the shoulders
- Lower yourself into a classic squat, keeping hands at shoulder level. Return to standing position and press arms overhead



Movement 2: X Step

- Take the resistance band and step on it with both of your feet and then cross it over and hold the other end of it with your hands. (band should resemble the figure of an X)
- Bend slightly at the knees and move your feet so that they are slightly wider than shoulder width apart
- Shuffle your feet sideways to the right for the desired amount of steps and then shuffle back to left

