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Osteoporosis Clinic Ireland



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Level 1 Grade 1

5 times a week

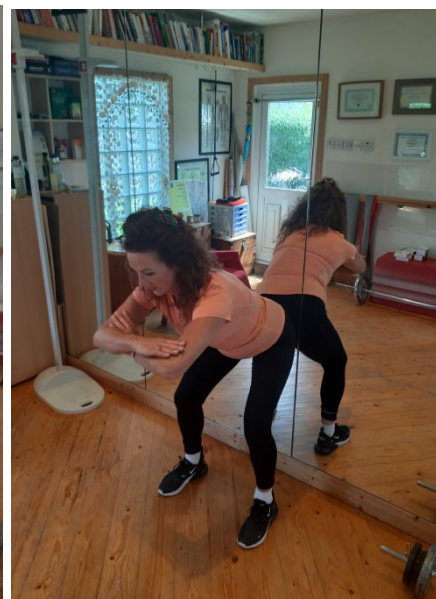


Standing Press Ups: Stand up on your toes, lean towards the wall. Arms in line with your shoulders, elbows and wrists and hold for 10 seconds. Repeat 10 times

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Side Lateral Raises: Stand, feet shoulder distance apart, bring hands together in line with your shoulders, elbows and wrists in line. Open and close your arms feeling the muscles in your upper back and arms. 1 set of 10 reps



Good Mornings: Stand away from the wall, fold your elbows and have shoulders, elbows and wrists in line. Push your hips back as you lean over and bend over as your gluteus (bum muscles) touch the wall. Feel the back muscles working as you keep the shoulders pinned back and make sure you feel it in your gluteus also. 1 set of 10 reps

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Sit Stand Squat: Bend your knees, fold your elbows in line with your shoulders, elbows and wrists. Sit your gluteus muscles back towards the chair as you keep your shoulders pinned back and feel the back and gluteus muscles tightening. Sit down as far as you touch the top of the chair cushion measure: 26 inches. 1 set of 10 reps



Loaded Carry: Hold 2 weights in your hands x 1.25kg each total; 2.5Kg and walk as tall as you can. Same principle: shoulders pinned back and feel the back muscles working. 10 times forward & back

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