

# An Equipment-Free Home Workout Plan to Help Build Strength

# BONE MATTERS®

**Improve your strength, stamina, and balance in just 5 minutes.**

These exercises mimic everyday movements to help build strength, stamina, and balance for real-world activities you enjoy. They also promote stability to help prevent injuries. Best of all, this routine takes just 5 minutes and uses ordinary household items—no gym required.

**NOTE:** Model shown in exercises.

**IMPORTANT:** Please be sure the chair is placed against a wall for added stability. Consult with your doctor before beginning any new exercise to discuss what may be right for you.



## SHOULDER CIRCLES (45 SECONDS)

Stand tall and, keeping your arms slightly bent, hold the pillow straight out in front of you, at eye level (A). Keep your arms straight and circle them to the left and down, dropping the pillow below your belly button (B). Bring your arms around to the right and back to the top to complete one full circle. Pause at the top (A) and change directions, performing one full circle starting to the right. Continue alternating sides.



## SINGLE-LEG BALANCE (30 SECONDS EACH SIDE)

Stand next to a chair with your inside hand resting gently on the chair back. Engage your core, plant your outside foot firmly on the floor, and lift your inside foot behind you (A). Hold here.



## SIDE-LEG LIFTS (30 SECONDS EACH SIDE)

Stand next to a chair with your inside hand resting gently on the chair back. Grip a pillow in your outside hand and extend that arm out to the side (A). Engage your core, plant your inside foot firmly on the floor, and lift your outside leg out to the side until it is under the pillow (B). Lower your outside leg, just grazing the floor.



## HIP RAISES (30 SECONDS EACH SIDE)

Stand next to a chair with your inside hand resting gently on the chair back and your other hand on your hip. Bend your leg closest to the chair and bring that foot behind you (A). Keeping your torso upright and core engaged, gently lower your inside hip 2 to 3 inches. While keeping your outside hip still, use the glute (butt) muscles of your outside leg to lift your inside hip up slightly higher than your starting position (B). Lower back down. Continue lifting and lowering for 30 seconds and then repeat on other side.



## ADVANCED CHAIR PUSHUPS (45 SECONDS)

Place a chair against a wall, facing away from you. Place your hands shoulder-width apart on the chair back. Point your elbows out and bend them slightly. Engage your core and walk your feet out to plank position, creating a straight line from your head to your heels (A). (If you are not comfortable with your feet this far back, move them closer toward the chair.) Keep your body in a flat line as you bend at the elbows and lower about halfway down (B). Press back up to start (A).