

OSTEOPOROSIS

DAREBEE WORKOUT © darebee.com

FIX



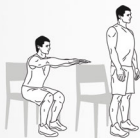
10 hip rotations
3 sets | 30 sec rest



10 back leg raises
change legs & repeat



10 side leg raises
change legs & repeat



10 sit-to-stand
3 sets | 30 sec rest



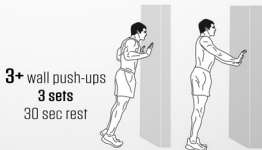
10 leg extensions
3 sets | 30 sec rest



10 alt bicep curls
3 sets | 30 sec rest



10 calf raises
3 sets
30 sec rest



3+ wall push-ups
3 sets
30 sec rest