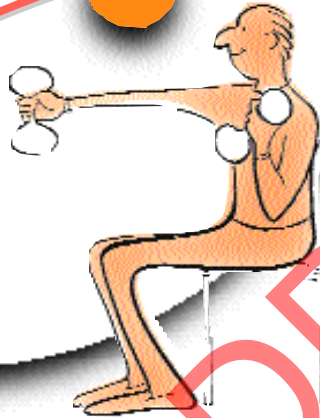


ALT. CHEST PRESS

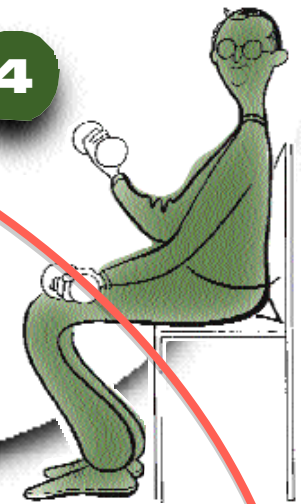
Sitting straight up, begin with the dumbbells resting on the chest, palms downward. Slowly extend the right arm out so the arm is parallel to the floor. Return the dumbbell to the chest before pressing out the left arm.



MY FIT SCRIPT

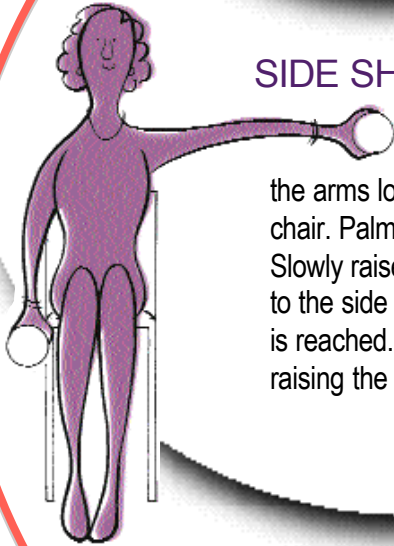
BICEPS CURL

While seated, begin with the dumbbells resting on the thighs, palms up. Keeping the elbows close to the sides, bring the right hand toward the shoulder. Slowly lower the dumbbell before raising the left hand.



SIDE SHOULDER RAISE

Sitting straight up begin with the arms lowered to the outside of the chair. Palms should be facing inward. Slowly raise the right dumbbell straight out to the side of the body until shoulder height is reached. Lower the dumbbell before raising the left arm.



Each exercise program* comes with:

- * 12 exercises with instructions
- * Rate of Perceived Exertion (RPE) chart
- * Heart rate range chart
- * F.I.T.E. exercise prescription specific for age and chronic condition or disability
- * Components for warm-up, cool-down, stretching, strength and cardiovascular conditioning

Visit www.myfitscript.com **Resources** for more information on how to use your program.

It's YOUR move!

*Some programs may vary due to goals

SENIOR OSTEOPOROSIS