

Safe Strength Training for Osteoporosis Prevention DVD



Companion Exercise Log

Visit www.SusieHathaway.com to purchase her DVD and read her blog posts about safe strength training for women 50+

Record repetitions & the size of weights you used in the column below the date.	Date:	Date:	Date:	Date:	Date:	Date:
Squat						
Biceps Curl						
Toe & Heel Stand						
Overhead Press						
Lunge						
Standing Row with Triceps Kickback						
Standing Leg Lift						
Side Leg Lift						
Inner Thigh Leg Lift						
Rotator Cuff						
Chest Press						
Shoulder Blade Press & Lift						
Triceps Extension						
Back Extension						
Heel Tap & Bicycle						
Pelvic Lift						
Plank						
Pelvic Lift with Foot Up						
Ab Tilt Back						
Wrist Curl						

Consult with your health care provider before beginning this or any other exercise program. Use of this exercise log and program are at your own risk.

Susie Hathaway & Devi Strength Center LLC are not liable for injuries resulting from your use of this exercise log or program.

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