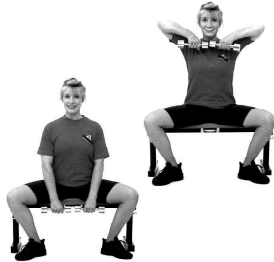


15 Exercises that Help Prevent Osteoporosis

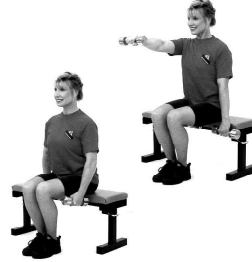
Seated or Modified Versions



Dumbbell Row



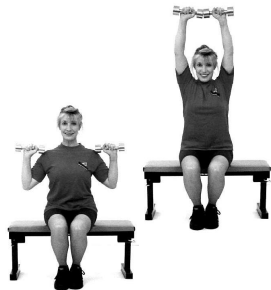
Upright Row



Front Raise



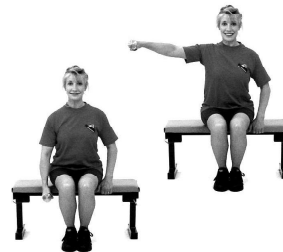
One-Arm Overhead Press



Overhead Press



Arnold Press



One-Arm Lateral Raise



Dumbbell Press



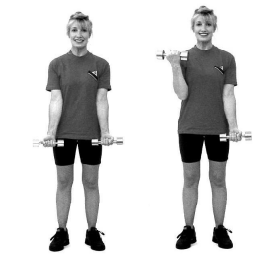
Dumbbell Flye



Pushups



Triceps Extension



Alternating Curl



Squats



Stationary Lunge



Lunges



BY EXTERIOR DESIGNS INC.®
WWW.FLEXCITY.COM
P.O. Box 637 ▲ Hudson, OH ▲ 44236

Perform these exercises using a set of 2, 3, or 5-pound dumbbells (each). For more information, visit www.flexcity.com or call Body Sculpting, Inc. at 216-313-FLEX (Cleveland) or 330-650-FLEX (Akron).