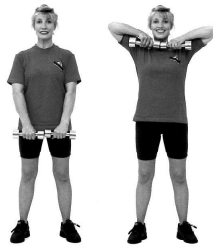


Body Sculpting's

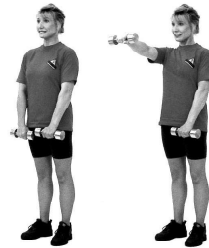
15 Exercises that Help Prevent Osteoporosis



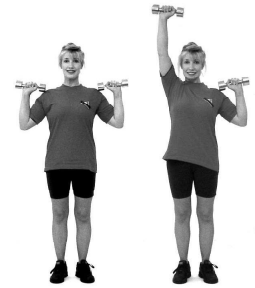
Dumbbell Row



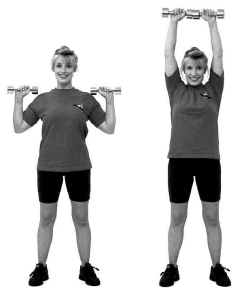
Upright Row



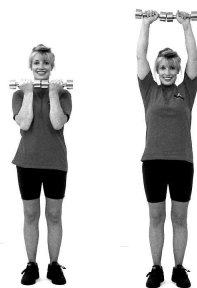
Front Raise



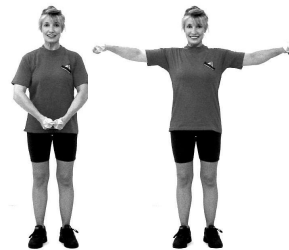
One-Arm Overhead Press



Overhead Press



Arnold Press



Lateral Raise



Dumbbell Press



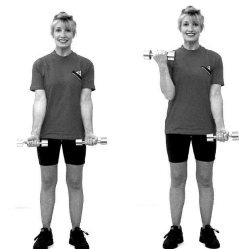
Dumbbell Flye



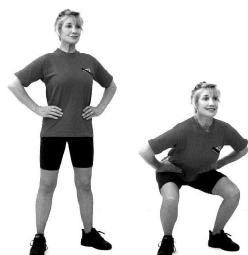
Pushups



Triceps Extension



Alternating Curl



Squats



Stationary Lunge



Lunges



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).