

Osteo Vibe

MODULE 2: **SEDENTARY**



Stand straight, **feet close**, hands on handle

Hold position for 1 minute

Note: People respond differently whether the knees are straight or slightly bent. Experiment yourself to see which position leads to the best muscle contractions in the lower body area.



Bent knees slightly, **feet close**, hands on handle

Hold position for 30 seconds

Note: You may feel less 'muscle contractions' but the exercise is designed to increase strength of the thighs in different positions. Build up endurance with this exercise.



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KEY POINTS

Your Osteo Vibe modules are designed to give you a sound foundation of exercises that will be a key part of your osteoporosis management. They are not all inclusive. That means that you will gradually add more and more exercises to your program.

The key initial focus is to work on addressing the hip area. The exercises in this module directly work on the hip. Also, the goal is to gradually build up endurance to the exercises. Therefore, you can repeat the exercises in this module more than once. You can either take a break after you finish each set or do them continuously, which allow you to increase your cardio fitness.

Some people look at these modules and are disappointed with the small number of exercises. Please note that this is a program that tries to fit each activity level. If you find the exercises too easy, you can go to the exercise database for exercises that are more difficult. However, we recommend you go through the modules as is so you are comfortable with your knowledge and skills.