

## 5-Minute Muscle and Bone Strengthening Exercise

There are many benefits to strengthening our muscles and bones including increasing our muscle mass and helping to prevent osteoporosis.

Learn more about the benefits of physical activity and access more resources to keep you motivated and moving at [extension.umaine.edu/food-health/physical-activity](https://extension.umaine.edu/food-health/physical-activity).

**Exercise instructions:** Do each exercise for 30 seconds. Repeat the circuit.

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### Alternating Side Lunges



**How to:** Stand with your feet shoulder-width apart. With your right foot, take a large step to your right side, keeping your left foot in place and your toes pointing forward. Bend your right knee and begin to lower into a lunge, keeping your left leg straight. You will then use your right leg to push back up, bringing your feet back together to the starting position. Then alternate by stepping to the left with your left foot.

**Modify:** You can place a chair in front of you to help with balance. You can also bend your leg and squat less deeply to modify.

The University of Maine is an equal opportunity/affirmative action institution.

The participant should be aware of the typical dangers, hazards and risks that accompany any physical activity. Participants are aware of and shall assume all risk and liability for any and all injuries that may come from physical activity, including, but not limited to, sprains, breaks, tears, bruises, lacerations, falls, broken bones, head injuries, and heart or lung issues. You should always check with your primary care physician before starting any exercise regimen or physical activity.

## Wall Push-Ups



**How to:** Find an empty wall and start at an arm's distance from the wall with your feet in line with your hips. Put the palms of your hands on the wall at shoulder height and shoulder width apart. Bend at your elbows keeping them tucked in so they are pointing away from your body (not out to the side), and bring your chest toward the wall. Push back to the starting position.

**Challenge yourself:** Walk your feet back further away from the wall to do the push-up.

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## Squats



**How to:** Stand with your feet shoulder-width apart and engage your core muscles. Lower your body, bending at the knees as if you are going to sit in a chair. Once you get down that far, use your leg and glute muscles to push back up to the standing position.

**Modify:** Don't go as deep into the squat or do a chair squat, where you sit fully down in the chair before returning up. (note: pictures show a chair squat.)

**Challenge yourself:** Add weight to your squat by holding a weight, a jug of water, or some books in your hands while you squat.

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## Wall Planks



**How to:** Find an empty wall and start at an arm's distance from the wall with your feet in line with your hips. Put the palms of your hands on the wall at shoulder height and shoulder width apart. Walk your feet backward so they are further away from the wall, making a diagonal line with your body. Engage your core muscles and hold this position.

**Modify:** Keep your feet closer to the wall.

**Challenge yourself:** Walk your feet back further away from the wall. Or this exercise can be done on the floor.

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## Tricep Chair-Dips



**How to:** Find a sturdy chair and make sure the chair will not slide on the floor. Start by sitting down in a chair, bringing your bottom toward the front edge of the chair. Grip the front edge of the chair with your hands, and bring your body forward until your hips are in front of the chair. Bring your feet out in front of your knees so that your heels are a few inches in front of your knees. Starting with your arms straight, begin to lower your body, bending your arms until you reach a 90-degree angle. Make sure your elbows stay directly behind you during this exercise. Press your arms up until your arms are straight again, and repeat the exercise.

**Modify:** You can determine how much you can lower your body to engage your triceps.

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