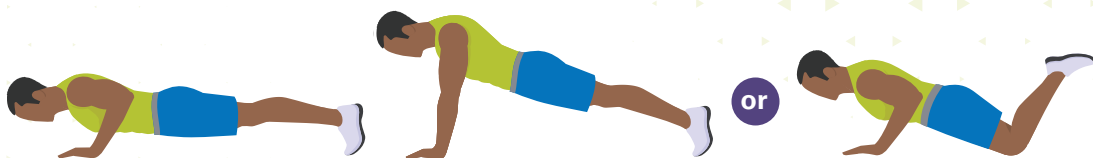


STRENGTH TRAINING ROUTINE

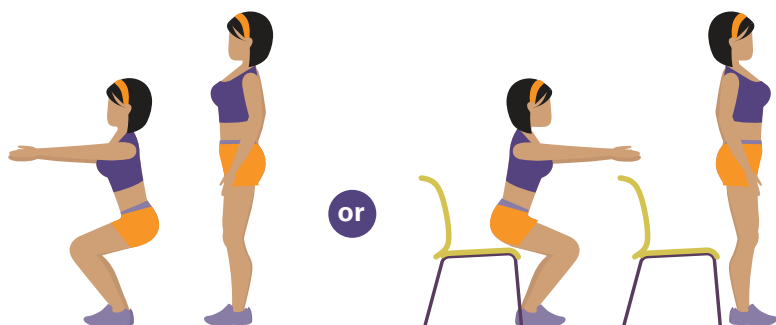
No
weights
required

Strength training boosts your metabolism, helps you maintain a healthy weight, and reduces aches and pains as you get older.

**Aim to do strength-training at least two times a week.
Repeat the following routine three times.**



10 push-ups or 10 modified push-ups



10 squats or 10 modified squats

Routine
continued

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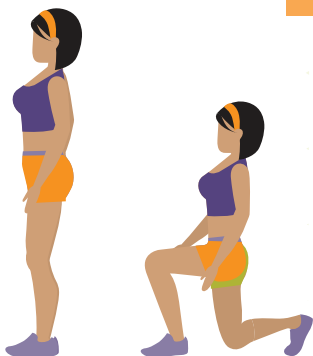
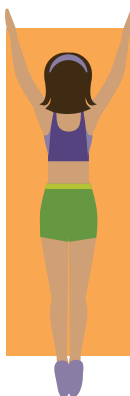
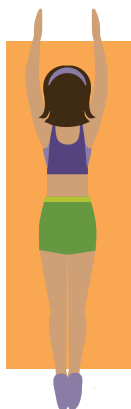


10 glute bridges



15-30 second plank

**15 seconds
in each
position
I,Y,T**



10 reverse lunges

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