



MOVEMENT ESSENTIALS

for Women

Brain, Muscle and Bone

**Avoid Injury
& Get Results**
Learn
Proper Form
From a Professional

Guiding Principles

Intensity not volume (personal threshold, no fixed #)

Recover to Build –between reps and sessions

Three Fundamentals: Sprint, Lift Heavy, Jump



#1 SIT (Sprint Interval Training) 2x/wk

30 second all out then 3 to 4 minutes recovery movement

Repeat 3 to 4 times (Full recovery between intense push)



#2 Heavy Lift Strength Training 2x/wk

5 reps near to failure (only 1-2 lifts in reserve)

5 sets (Full recovery between sets)

First time? Start slow (8-15 reps till near to failure x 3 sets)



#3 Jump for Bone & Muscle 3x/wk

10 minutes per session

Bound, hop, jump (If no activity like tennis or basketball)



Bonus: Dual Task Training

Ex. Tai chi for balance and brain training

Get the details from the experts. Explore links at
[AgeSmartLiving.com/playbooks/movement](https://www.agesmartliving.com/playbooks/movement)