



# MOVEMENT ESSENTIALS

To-Do Foundation for Women

*Brain, Muscle and Bone for our 30's and beyond*

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

## **Women are not men in small bodies\***

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 each push)



## **#2 Heavy Lift Strength Training 2x/wk**

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

5 sets of 5 reps (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://AgeSmartLiving.com/playbooks/movement)