Strong Women Exercise Programs

**Strong Women Stay Young**

- Wide Leg Squat
- Standing Leg Curl (with ankle weights)
- Knee Extension (with ankle weights)
- Overhead Press (with dumbbells)
- Biceps Curl (with dumbbells)
- Side Hip Raise (with ankle weights)
- Biceps Curl (with dumbbells)
- Bent Forward Fly (with dumbbells)
- Standing Calf & Toe Raise
- Bent Forward Fly (with dumbbells)
- Toe Stand

**Strong Women, Strong Bones**

- Wide Leg Squat
- Overhead Press (with dumbbells)
- Biceps Curl (with dumbbells)
- Standing Leg Curl (with ankle weights)
- Knee Extension (with ankle weights)
- Overhead Press (with dumbbells)
- Biceps Curl (with dumbbells)
- Side Hip Raise (with ankle weights)
- Biceps Curl (with dumbbells)
- Overhead Press (with dumbbells)
- Standing Leg Curl (with ankle weights)

**Cool-Down**

- Hamstring & Calf Stretch
- Quadriceps Stretch
- Chest & Arm Stretch
- Upper Back Stretch

**Balance Exercises**

- One-Legged Stork
- Tandem Walk