

# Strong Women Exercise Programs

## Strong Women Stay Young

## Strong Women, Strong Bones

**Wide Leg Squat**

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**Standing Leg Curl (with ankle weights)**

**Side Hip Raise (with ankle weights)**

**Overhead Press (with dumbbells)**

**Biceps Curl (with dumbbells)**

**Knee Extension (with ankle weights)**

**Biceps Curl (with dumbbells)**

**Bent Forward Fly (with dumbbells)**

**Wrist Curl (with dumbbells)**

**Overhead Press (with dumbbells)**

**Toe Stand**

**Standing Calf & Toe Raise**

**Back Extension**

**Bent Forward Fly (with dumbbells)**

**Chest Press (with dumbbells)**

**Tummy Tuck**

**Side Leg Raise**

## Cool-Down

## Balance Exercises

**Hamstring & Calf Stretch**

**Quadriceps Stretch**

**Chest & Arm Stretch**

**Upper Back Stretch**

**One-Legged Stork**

**Tandem Walk**