Exercise Plans

Exercise Plan 1 Low Risk ≤9% major fracture risk 2 week low intensity conditioning Impact Loading Exercise 4-7 Days/wk of

4-7 Days/wk of >4 BW exercises Jumps 3-5x10-20 reps with 1-2 min rest over 2 months

PRT – High Intensity ays/wk 80-85

2 days/wk 80-85% 1RM or ≥6-20 Borg RPE. 2-3 sets of 8

Balance

Incorporate
balance activities
where possible into
strength and
impact elements of
the exercise
programme

Exercise Plan 2

Medium Risk 10-19% major fracture risk

2 week low intensity conditioning

Impact Loading Exercise

4-7 Days/wk of >2 BW exercises Jumps 3-5x10-20 reps with 1-2 min rest over 2 months

PRT – High Intensity

2 days/wk 80-85% 1RM or ≥6-20 Borg RPE. 2-3 sets of 8

Concurrently

Balance

4 days/wk of 30 mins of challenging balances. At least 10s per exercise.

Exercise Plan 2
Medium Risk
10-19% major
fracture risk

2 week low
intensity
conditioning

Impact Loading Exercise

4-7 Days/wk of >2-3 BW exercises Jumps 5x10 reps with 1-2 min rest over 2 months

PRT – High Intensity

Concurrently

8ex/sessiom 2 days/wk 80-85% 1RM or ≥6-20 Borg RPE. 2-3 sets of 8

Balance

4 days/wk of 30 mins of challenging balances. At least 10s per exercise.

Concurrently