STRENGTH TRAINING ROUTINE

Strength training boosts your metabolism, helps you maintain a healthy weight, and reduces aches and pains as you get older.

Aim to do strength-training at least two times a week. Repeat the following routine three times.

10 push-ups or 10 modified push-ups

or

10 squats or 10 modified squats

No weights required

MDAnderson.org/Exercise
10 glute bridges

15-30 second plank

15 seconds in each position I,Y,T

10 reverse lunges