

Bones & Balance

Stronger With Sasha

Overview

Essential Exercises for Strength, Mobility, and Bone Health in Women over 40

A practical guide to help you stay strong, stable, and confident through every stage of midlife. Learn the most effective science-based movements to support bone density, improve balance, and protect long-term health.



Welcome to Bones & Balance

As women, our bodies go through incredible changes with age - but losing strength or balance doesn't have to be one of them.

I created *Bones & Balance* to help women over 40 take control of their bone health through simple, effective, and evidence-based movement - no gym required.

You don't need fancy equipment or complicated routines. Every exercise in this guide can be done safely and effectively from the comfort of your own home. All you need is a bit of space, consistency, and the willingness to start.

I'm Sasha, a personal trainer who specialises in helping women through midlife and menopause build strength, stability, and confidence.

Through my work, I've seen how targeted strength and mobility training can not only slow bone loss but also improve energy, posture, and overall well-being.

This guide is designed to give you a starting point - the key exercises every woman should know to support her bones and move with confidence. You'll learn:

- Why these movements matter for bone density and balance
- How to perform them safely and effectively
- How to begin building your own *Bones & Balance* routine

Take your time, focus on good form, and celebrate every bit of progress.
Strong bones and steady balance are built step by step - and you're already on your way.

Exercise 1: Goblet Squat

Purpose	To strengthen your legs, hips, and core - the foundation for everyday movement and balance.
How to Do It	1. Stand with your feet shoulder-width apart. 2. Hold a dumbbell, kettlebell, or water bottle close to your chest. 3. Sit your hips back and down, as if lowering into a chair. 4. Keep your chest lifted and knees in line with your toes. 5. Push through your heels to return to standing.
Regression	Perform a Sit-to-Stand from a sturdy chair. Gently lower yourself down, then stand up using as little arm support as possible.
Progression	Hold a heavier weight, or add a small pulse at the bottom before standing up.
Bones & Balance Benefit	Improves bone density through the hips and spine, and enhances balance by strengthening stabilising muscles in the legs and core.

Exercise 2: Step-Up (Home Version)

Purpose	To build leg strength, coordination, and balance - especially useful for everyday movements like climbing stairs or getting up from low seats.
<u>How to Do It</u>	1. Stand facing a sturdy step, low stool, or bottom stair. 2. Place one foot on the step. 3. Push through that foot to lift your body up, bringing the other foot to meet it. 4. Step back down under control and repeat, switching legs halfway.
Regression	Use a lower step or place your hands on a wall or railing for support.
Progression	Hold light weights in your hands or perform a slow knee lift at the top for an added balance challenge.
Bones & Balance Benefit	Strengthens legs and hips while improving coordination and single-leg balance - key to fall prevention and bone protection.

Exercise 3: Seated or Bent-Over Row

Purpose	To strengthen the upper back and arms, improve posture, and support the spine — all essential for bone health and balance.
<u>How to Do It</u>	1. Sit tall on a sturdy chair or stand with knees slightly bent and hinge forward from your hips. 2. Hold a resistance band, dumbbells, or two water bottles. 3. Pull your elbows back towards your waist, squeezing your shoulder blades together. 4. Slowly return to the start position and repeat.
Regression	Use a lighter resistance band or focus on squeezing your shoulder blades together without weights to build mind-muscle connection.
Progression	Increase resistance or pause for two seconds at the top of each row before lowering.
Bones & Balance Benefit	Targets upper spine and shoulder bones, helps counteract slouching, and supports core stability for better balance.

Exercise 4: *Wall Push-Up*

Purpose	To build upper-body and core strength, improving bone density through the arms, shoulders, and chest.
<u>How to Do It</u>	1. Stand about arm's length from a wall, hands flat at shoulder height. 2. Step your feet slightly back, keeping your body in a straight line. 3. Bend your elbows to bring your chest towards the wall. 4. Push through your palms to return to the start position.
Regression	Stand closer to the wall to reduce the angle and make it easier.
Progression	Move to a countertop push-up , then to a sturdy table or bench that's lower than the counter. Eventually, progress to push-ups on the floor if comfortable.
Bones & Balance Benefit	Strengthens wrists, arms, and shoulders - all common areas for bone loss - and supports upper-body posture.

Exercise 5: *Ball Catch*

Purpose	To improve balance, coordination, and reaction time - key for preventing falls and maintaining joint and bone health.
<u>How to Do It</u>	1. Stand tall with feet hip-width apart, holding a tennis ball. 2. Gently toss the ball from one hand to the other at about chest height. 3. Keep your posture upright, core engaged, and eyes on the ball. 4. Maintain steady breathing and relaxed shoulders.
Regression	Hold onto a wall or chair for support. Stand on one foot and toss the ball gently upward, catching it with the same hand.
Progression	Stand on one leg while tossing the ball between hands. Switch legs halfway through.
Bones & Balance Benefit	Enhances coordination and strengthens the stabilising muscles of the ankles, knees, and hips - improving balance and confidence in daily movement.

Your Bones & Balance Routine

Putting it All Together

Warm-Up (3-5 minutes)

- March on the spot or walk around your home
- Gentle shoulder rolls and arm circles
- Light hip and ankle circles

Main Routine

Exercise	Duration
Goblet Squat or Sit-to-Stand	10-15 reps
Step-Up	8-10 reps per leg
Row	10-15 reps
Wall Push-Up	8-12 reps
Ball Catch	30 seconds, then 20 seconds on each leg

Guidelines for Main Routine

- Perform each exercise slowly and with control
- Complete **2 rounds** with short breaks as needed
- Gradually build to **3 rounds** as your strength and confidence improve

Cool-Down (2-3 minutes)

- Gentle upper-body stretches
- Calf and hamstring stretches
- Hold each stretch for 20-30 seconds

Next Steps

Once you’re comfortable with these movements, there’s a whole world of progression waiting - more dynamic balance drills, resistance training for bone density, impact moves that rebuild bones and integrated routines that make you feel strong and energised.

If you'd like to learn these safely and build a plan tailored to *your* level, my **Bones and Balance 1:1 coaching** offers step-by-step guidance to help you move with confidence and purpose.

Book a free phone/zoom consultation if you would like to know more about how I can help you:

<https://calendly.com/strongerwithsasha/free-consultation>