

The 10-Minute Bone Density Jump Protocol

A Science-Backed High-Impact Routine for Women 40+ to Stimulate Bone Remodeling

FREQUENCY

3x / Week

TOTAL DURATION

10 Minutes

IMPACT LEVEL

High Force

TARGET BENEFIT

+Bone Mineral

⚠️ PROTOCOL SAFETY & ADAPTATION RULES

- **Rest Days Are Non-Negotiable:** Allow 24–48 hours between sessions. Bone cells require recovery time to deposit minerals.
- **Landing Form:** Always land with soft, un-locked knees, absorbing shock fluidly through ankles and hips.
- **Footwear & Surface:** Use supportive training shoes on a flat, non-slip surface (matted floor or wooden studio floor).

WORKOUT STRUCTURE

BLOCK 1 • 2 MINUTES

Dynamic Warm-Up

Ankle Circles & Calf Raises 30 Secs

Lubricate ankle joints and prime Achilles tendons for impact reaction forces.

Controlled Bodyweight Squats 10 Reps

Engage glutes, quads, and hip stabilizers through full motion.

Low-Impact Pogo Hops 30 Secs

Light rhythmic bounces barely leaving the floor to prep neuromuscular pathways.

BLOCK 2 • 6 MINUTES (MAIN IMPACT)

Multi-Directional Bone Loading (Perform 3 Rounds • 60 Sec Rest Between Sets)

Phase A: Vertical Ground Impact 10–15 Reps

Counter-Movement Vertical Hops or Jump Rope: Explosive vertical jump pushing off balls of feet. High force downward vector loading the femoral neck and spine.

Phase B: Multi-Directional Force 10 Reps (5 / side)

Skater Bounds or 6-Inch Step Step-Down Jumps: Bounding side-to-side or stepping off a low box. Bone remodeling thrives on varied impact vectors.

Phase C: High-Force Deceleration 10 Reps

High-Knee Stomps or Heel Drops: Rise on toes and drop firmly onto heels, or stomp down with intent. Delivers strong mechanical vibration to long bones.

BLOCK 3 • 2 MINUTES

Cool-Down & Joint Release

Wall Calf & Achilles Stretch 30 Secs / side

Hold static tension against wall to lengthen gastrocnemius and soleus.

Kneeling Hip Flexor Lunge Stretch 30 Secs / side

Release anterior hip tighteners and reset pelvic alignment post-workout.

💡 ARIA'S LONGEVITY PRO-TIP

"Bone tissue doesn't care about long duration or cardio fatigue—it responds to **peak force intensity** in short bursts. Focus on maximal power and intent per jump, not speed or exhaustion. Quality of impact always wins over quantity!"