

BONES OF STEEL GUIDEBOOK

Activate Your Body's Natural Bone-Building Power
with Tristan & Sabrina Truscott



Please use this guidebook with the accompanying training videos to ensure you are practicing the **Bones of Steel™** exercises correctly.

With the Bones of Steel program you have access to **8 robust bone-boosting routines**. You do not need to do all of these routines at one time. In fact we recommend that you pick and choose the ones that are best for you - right now! As you get stronger you can gradually add more and more.

Only have 10 minutes? There is a routine for that! Want a longer session? We've got you covered! Simply use several routines back to back.

On the following pages we will list all of the Bones of Steel routines, the purpose for each one and the various names for the movements. Enjoy!

Training Recommendations:

You don't have to lift heavy weights in this program. Lifting lighter weights, with higher repetitions, is a powerful and safe way to build muscle strength, improve endurance, and stimulate bone health - especially for adults over 40.

Research shows that training to fatigue with lighter loads can be just as effective as heavy lifting for building lean muscle, while also improving bone and joint health.

We recommend starting out with very light dumbbells (2-4 lbs for most women and 4-6 lbs for most men). As your muscles and tendons become stronger you may want to increase your weight levels - listen to your body - always be safe.

For some of the movements, in some of the routines, you may want to have a chair close by to assist with your balance development. Gradually your balance will increase and you will probably no longer need to use any additional support.



We highly suggest that you always **start your Bones of Steel routines by hydrating first.** Good hydration is crucial for bone health as water helps maintain bone strength, cartilage health, and joint lubrication. It also supports the transport of nutrients and minerals, like calcium, essential for building and maintaining strong bones.

How to use this Program:

We created each of these Bones of Steel routines as **7-20 minute stand-alone sessions**, so that you can do as many or as few of the routines as you like each week. Additionally, **you can rearrange the order** to keep it fresh and challenging.

The Bones of Steel Fundamentals:

Listed below are some of the fundamentals presented in the Bones of Steel program. These are the basics such as the stances, postures and breathing mechanics you'll need to know to correctly practice the routines. You will learn about these things as you watch the main workshop day one and two sessions.


Please don't skip the full workshop sessions, because in addition to the fundamentals, they include many principles and mindset strategies that make all the difference with the results you get!

 *Stances*

 *Shimmies*

 *Open from Center*

 *Posture*

 *Breathing*

 *Come to Center*



Iron Body Flow Routine

This 3-part routine combines ancient Qigong (with circular strength and light weights) to activate QiPower and build bone density, muscle tone, and postural integrity. The flowing, martial-inspired movements increase endurance and strengthen the spine, shoulders, arms, and legs – helping you move through life with strength and grace.

Routine Part 1

- 1 - Infinity Circles
- 2 - Enso Circles
- 3 - Spin the Orbit
- 4 - Parting Clouds
- 5 - Arms Flowing in Water
- 6 - Leaf Blowing in the Breeze
- 7 - Cloud Arms (Inside & Outside)
- 8 - White Crane
- 9 - Stroke Bird's Tail & Squeeze
- 10 - Swallow Skims the Lake

Routine Part 2

- 1 - Shoulder Flys
- 2 - Starfish Posture
- 3 - Axe Chop Squats
- 4 - Chin Ups into Overhead Press
- 5 - Twisting Teacups
- 6 - Rear Elbow Strikes
- 7 - Elbow Lift into Victory Pose
- 8 - Elbow Extension Circles
- 9 - Straight Blast Punches
- 10 - Biceps and Triceps

Routine Part 3: Bonus Balance Work

- 1 - Deep Horse Stances into Balance
- 2 - Deep Rear Lunges into Balance
- 3 - Weighted Front Lunge & Pulse
- 4 - Weighted Horse Stance Squats & Pulse
- 5 - Foot Balancing with Knee Bend Squats

Steppin' for Steel Routine

Step into power with this dynamic, stepping sequence that strengthens hips, legs, and spine while enhancing cardiovascular fitness. These deliberate dynamic steps stimulate bone growth through osteogenic loading, improve upper-body coordination, and create a stable, aligned posture – so you walk taller, stronger, and move more confidently in everyday life.

Facts:

A study in the *Journal of Aging and Physical Activity* (2006) found that postmenopausal women who did **step training 3 times a week** increased lumbar spine and femur bone density. Another study in *Osteoporosis International* showed that step training helped **prevent bone loss in women aged 50–70**, especially in the spine and pelvis.

So each time you step up and down, your bones adapt to handle more load. This is known as **Wolff's Law**: a cornerstone of bone science, that states **bone tissue adapts to the mechanical stresses placed upon it**.

Training Tips:

See the training videos for the full routine. Remember to place the step in a horizontal position as you watch and follow this routine. You may also use this routine *without* a step platform, while holding light dumbbells. Optionally you can get a weighted vest or fill a backpack with books or weights.



Strike The Steel Routines

These two routines use targeted bone percussion and gentle tapping to stimulate osteogenesis, your body's natural bone-building response. Studies show that these light impact and vibration techniques help boost bone density, improve circulation, and wake up your nervous system – all while leaving you feeling more alive, resilient, and ready to move.

Training Tips:

The following percussion-based routines help you stimulate as many bones as possible. For the Bone Banging routine you can opt to wear gloves (ie. ski gloves or oven gloves work well). Alternatively you can skip the Bone Banging routine and replace it with the lite Pai Sha tapping routine. Follow the detailed instructions in the training videos to be sure you never tap too hard and you are tapping on "safe areas".

Routine 1: Bone Banging (Both Sides of Body)

- | | | |
|--------------------------|---------------------|-----------------|
| ● <i>Hands</i> | ● <i>Breastbone</i> | ● <i>Feet</i> |
| ● <i>Arms</i> | ● <i>Hips Front</i> | ● <i>Sacrum</i> |
| ● <i>Shoulders (tap)</i> | ● <i>Hips Side</i> | ● <i>Skull</i> |
| ● <i>Clavicles</i> | ● <i>Legs</i> | ● <i>Face</i> |
| ● <i>Ribs</i> | ● <i>Knees</i> | ● <i>Heels</i> |

Routine 2: Pai Sha Tapping (Both Sides of Body)

- | | | |
|--------------------|----------------|------------------------------|
| ● <i>Arms</i> | ● <i>Waist</i> | ● <i>Knees</i> |
| ● <i>Shoulders</i> | ● <i>Tummy</i> | ● <i>Lumbar & Sacrum</i> |
| ● <i>Chest</i> | ● <i>Hips</i> | ● <i>Head & Face</i> |
| ● <i>Armpit</i> | ● <i>Legs</i> | ● <i>Heels</i> |

Humming Bones Routine

This soothing practice combines humming, breath, and internal energy movement to **regulate the vagus nerve and create hormonal balance** – a key to bone density and resilience. You'll also feel calm, grounded, and energized as nitric oxide production increases, stress hormones decrease, and your entire body enters a state of healing from within.

Humming Helps:

- Tone the Vagus Nerve and Reset the Nervous System
- Increase Production of Nitric Oxide for Improved Oxygen Delivery
- Stimulate the Piezoelectric Effect to Supercharge your Stem Cells

Humming Sounds:

- Ahhhh
- Ooooh
- The sound becomes “Mmmm” as the mouth closes.

Training Tips:

If your body cannot yet do some of the more “physical” exercises right now, this is a great place to start to support your bones, nervous system and whole body oxygenation.

Follow the video training for complete instructions. **Start with Wave Breathing before doing the humming routines**, to help open the spine's info highway.

When humming, start with the mouth/throat open and then close the mouth to increase the humming vibrations within the body.

Use visualization to **see the vibrations of sound moving into the bones** from the outer layer into the very bone marrow. See the color of your bones as golden/white and “shiny”.

Bone Booster Routines

Inspired by ancient Bone Marrow Washing & Charging practices, these powerful sequences use gentle energy movements, breath, and intention to nourish your bones from the inside out. They **activate your body's regenerative stem cells**, enhance immune health, and promote deep relaxation – all while supporting lifelong bone strength and cellular vitality.

Training Tips:

The goal of this training is to cleanse the body and bones of negatively charged energy, and then replenish the body and bones with fresh life-force (Qi).

As you visualize and breathe you will be “washing” fresh energy over the body and through the bones with a feeling of gently cleansing yourself. Next you will be drawing and absorbing fresh Qi into the bones - to create “Shiny Bones”.

Sitting in a chair for this routine is fine. You can also add the OM-mmm vibrations to the practice to regulate the vagus nerve, enhance the production of nitric oxide and create hormonal balance.

Routine 1: Bone Marrow Washing

Watch the video training session to learn the correct breathing, stances, postures (ie. the 6 bows), wand hand movements, and how to apply slow mindful movements to cleans toxic energy from your body.

Routine 2: Bone Marrow Charging

Watch the video training session to learn how to breathe correctly while **visualizing Qi entering your bones** like sunlight or warm gold. With each inhale and exhale **pack** energy into your bones, especially your legs, spine, and arms.

Flex & Flow Routine

Free your fascia and energize your body with **spirals that loosen stiff joints, align your structure, and activate internal power**. This flow sequence improves flexibility, tones deep stabilizers, and strengthens your inner scaffolding – helping you move with youthful ease and a clear, calm mind.

Training Tips:

After you squeeze your muscles, relax and gently massage the Joint Junctions with circular motions. As you apply the slow circles, **mentally fill the joint cavities with Qi**. This helps to pack Qi into the joint space, while improving postural alignment.

The Routine Flow:

- 🌀 *Squeeze Hands & Forearms - Then Circle the Fingers, Wrists, Elbows*
- 🌀 *Squeeze Shoulders - Then Circle the Shoulders*
- 🌀 *Squeeze Buttocks - Then Circle the Hips*
- 🌀 *Squeeze Legs - Then Circle the Knees*
- 🌀 *Hang & Pulse the Spine - Then Rollup to Open the Whole Spine & Neck*
- 🌀 *Tippy Toes - Then Circle the Ankles & Feet*
- 🌀 *Close the Session - Use Full Body Bouncing to Release Stagnant Energy*

Strong Holds Routine

Train like a master with this martial-style practice that uses rooted postures, weighted holds, and slow isometric contractions to deeply strengthen the tendons, ligaments, and stabilizer muscles. You'll build core control, joint resilience, and spinal alignment while awakening an inner stillness that supports both physical and emotional balance.

Standing Holds (with weights)	Balance Holds (with weights)	Bonus: Martial Arts Balance + Hold Series
Heart Hold (+ open and close)	Star Hold (on one leg, tipped sideways)	Karate Kid Balance (+ arms overhead)
Head Hold (+ tricep extensions)	Airplane Hold (with supporting leg bent)	Front Kick Balance (+ side extend arms)
Bow & Arrow Hold (+ raise arm over head)	Deadlift Hold (on one leg, with hold at bottom)	Side Kick Balance (+ fighting arms)
Warriors Lunge (+ arm extension hold)	Military Press Hold (on one leg)	Back Kick Balance (+ side extended arms)
Kung Fu Master Hold (+ bicep curls)	Turnout 2nd Hold (+ heel lift and balance)	White Crane Balance (+ flowing arms)

***Follow the video training session for complete instructions.**

Stable Steps Routine

This fun and functional movement series **improves balance**, proprioception, and **spatial awareness** by challenging you to move in every direction – forward, backward, sideways and more. You'll enhance joint coordination, leg strength, and quick-recovery reflexes, giving you the confidence and agility to stay strong and steady no matter where life takes you.

Why Rhythm & Coordination-Based Movement Supports Bone Health:

This routine trains your body through lateral steps, cross-body footwork, and rhythmic shifts in direction - all proven to enhance physical and neurological resilience:

- **Improves Dynamic Balance:** Directional changes and weight shifts train the body to react to real-life imbalance, reducing fall risk. *(Source: Journal of Aging and Physical Activity)*
- **Boosts Proprioception:** Moving in rhythm with varied foot patterns improves spatial awareness and movement control. *(Source: Gait & Posture)*
- **Enhances Brain-Body Connectivity:** Coordinated movement stimulates cognitive function, particularly executive function and memory. *(Source: Frontiers in Aging Neuroscience)*
- **Applies Gentle, Multidirectional Bone Loading:** Lateral and rotational movements provide varied forces that support bone remodeling — especially in the hips and spine. *(Source: Bone Health & Osteoporosis Foundation)*

This is not just movement routine - it's neural training, functional strengthening, and bone-safe cardio all in one.

When movement is fun, you're more likely to do it consistently - and consistency is the key to building lasting bone strength, mobility, and confidence.



Thank you for allowing us to be part of your health and wellness program and inviting us to be a part of your journey of living a fit and vibrant life! We're here to support your efforts and give you the tools you need to create your own personalized program and help you to "Get Strong and Stay Strong!"

Your commitment to yourself is commendable! Stay in the flow, stay resilient and open to miracles and keep an open mind - the lifetime access to this program means it's here for you at every step on your journey from Aging to Saging!

*Much Love
Sensei & Sabrina*