

# TheraPilates® Reformer Class for Osteoporosis Sherri R. Betz, PT, GCS



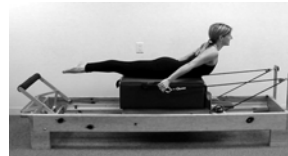
**Footwork in 6 Positions**  
Heels: Par/Int/Ext  
Balls: Par/Int/Ext  
Bilateral/Unilateral



**Eve's Lunge-Variations**  
Straight knee, Bent Knee,  
Stabilization, Psoas Stretch



**Supine Arm Circles—**  
Neutral/Flat  
Parallel, 45°, 90°, Tricep  
Press



**Pulling Straps**  
Neutral Spine or Extension



**Bridging w/Post Tilt**  
Bilateral/Unilateral



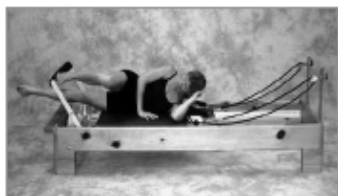
**Elephant-Variation**  
Neutral Spine



**Leg Circles-Variations**  
Int/Ext Rot, Par, Bent Knee



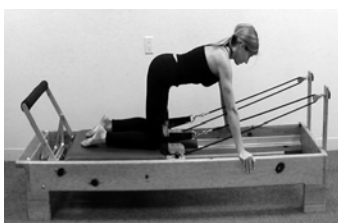
**Longstretch-Variation**  
Neutral Spine



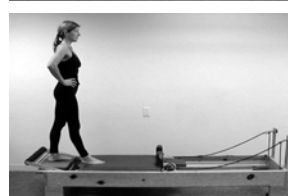
**Sleeper Variations**  
Int Rot, Ext Rot & Parallel



**Downstretch-Variation**  
Spine Extension



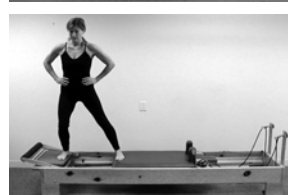
**Quadruped-Face Pulleys**  
Neutral Spine and Flatback



**Splits-Modified 1 Red**  
Spring: Parallel, Ext Rot,  
Diagonals



**Seated Rowing Series—**  
Based on Arm Circles/  
Chest Expansion:  
Rows, Triceps, Biceps, "W"



**Semi-Squat— 1 Red Spring**  
Single Leg Abduction



**Ab-Adduction—1 Yellow**  
Spring 45° External Rot