

Pilates for Osteoporosis Risk Populations

Reformer - safe	Reformer contraindicated
<p>Footwork – Footbar & Jumpboard Supine arms One hundred: head down Coordination: head down Kneeling Abdominals back– straight spine only Kneeling abdominals front Feet in Straps Long Box Series: - Pulling Straps - Breast Stroke - Swimming - Overhead Press & Swan Short Box - shoulder stretches - Straight only Knee stretches – flat back Elephant – flat back only Stretches - Long Stretch - Up stretch - Down Stretch - Elephant – straight spine Armwork – back Armwork – front Standing Lunges</p>	<p>Roll Backs One hundred unmodified Coordination unmodified Kneeling Abdominals Short Box Abs Short Spine Stomach Massage Backstroke Short Box series into flexion Knee stretches into flexion Side stretch/mermaid/cleopatra</p>

Trapeze safe	Trapeze contraindicated
<p>Roll down only flat back Leg springs supine Leg spring sidelying Footwork: bend & stretch/dorsiflexion Pull downs: double and single arms Scapula glides The hundred – head down Leg springs standing Leg springs supine Swan push through bar Advanced swan push through bar Swan roll down bar Flying eagle – double leg kick Supine arm circles Prone arm circles Rowing front sitting tall Standing arms facing away Standing arms facing the table Standing arms facing the side Push through back Chest expansion – thigh stretch Hanging pull ups</p>	<p>Upper arms Roll down except flat back Arh & curl Assisted sit ups Advanced sit ups Push through seated front Circle saw Cat sitting Cat – kneeling Spread eagle Joe’s breathing Carola’s breathing The hundred Rowing front – bending down Rowing back – round back Rowing back – flat back Teasers Leg springs supine – magician/dolphin/airplane Tower Monkey Mermaid sitting Mermaid advnaced Side bends Parakeet Bridging Short spine – Ferris Wheel Rolling in and out Hanging down Cat walk over</p>

Chair safe	Chair contraindicated
Double / single / standing leg pumps Achilles Stretch Leg pumps supine – don't bridge too high-kneeling Frogs supine Scapula mobilization Chest press Sitting triceps press Kneeling mermaids Lunges: front & side Plie front and back Frogs: front and back Triceps sit Swan from floor Swan on seat Press up with handles Press up with handles – facing away One arm push ups Handstand Stepdowns backwards / side russian / forward Russian	Hamstrings 1 2 & 3 One arm push up standing Spine stretch Side body twist / side lying oblique Teaser on floor Seated mermaid Cat Reverse swan / torso press sit Reverse swan / side arm twist Jackknife Corkscrew Tendon Stretch

Step Barrels safe	Step Barrels contraindicated
Back Extension Series Swimming Swan Grasshopper	Lip abdominals Well abdominals Reach Teaser - forward - reverse Side Series Stretch Sit ups – mermaid Hip Mobility series Scissors Bicycle Circles Helicopter Rolling in and out Roll Overs/overhead stretch Corkscrew Bridging Low bridge Back arch & bridge

Ladder Barrels safe	Ladder Barrels contraindicated
Ballet Stretches - Hamstring – straight back only - Adductor & hamstring – no rotation - Quadriceps – straight back only - Lateral hip/tensor fascia lata – no rotation - Piriformis/posterior hip – straight back only Swan dive – no rotation Leg lifts/grasshopper - swimming - double leg lifts - grasshopper Short Box abdominals – straight spine only Horseback	Short Box abdominals Climb a Tree Side sit up Laybacks - scissors - bicycle - circles - helicopter

Safe Pilates Mat Exercises	Contraindicated Pilates Mat Exercises
<p> Hundred--with head down Single Leg Circles Single Leg Stretch--head down Double Leg Stretch--head down Single Leg Stretch With Straight Legs--head down Double Leg Stretch With Straight Legs/Lower Lift--head down Criss-Cross--head down Swan-Dive (1 only) Single Leg Kick Double Leg Kick Shoulder Bridge--not too high Side Kick Hip Circle/Hip Twist With Stretched Arms--neutral spine Swimming Leg-Pull--Front Leg-Pull Side Kick Kneeling--neutral spine Side Support--neutral spine Push-Up </p>	<p> Hundred--unmodified Roll-Up Roll-Over--both ways Rolling Back/Rolling Like a Ball Scissors Spine Stretch Rocker With Open Legs/Open Leg Rocker Corkscrew Saw Neck Pull Scissors Bicycle Spine Twist Jack-Knife Teaser Boomerang Seal Crab Rocking Control Balance </p>