

# BoneSmart Pilates

## Exercises to Prevent and Reverse Osteoporosis

### Chapter Time Codes

**BONESMART PILATES®**  
*Exercise to Prevent or Reverse Osteoporosis*

00:00	Introduction
01:46	BoneSmart Pilates ABC's
10:43	Introduction to Props
14:03	Pilates Mat Tutorial
37:57	Pilates Mat Workout
1:07:19	Standing Counter Series Tutorial
1:14:26	Standing Counter Series Workout
1:20:17	Resistance Band Tutorial
1:31:01	Resistance Band Workout
1:45:02	Hip Blaster Tutorial
1:46:21	Hip Blaster Workout
1:51:35	Bone Dance Tutorial
1:56:19	Bone Dance Workout
BONUS CONTENT:	
1:59:33	Tennis Ball Foot Massage
2:00:36	Postural Alignment Coaching
2:04:13	Seated Exercise
2:08:06	Rise and Shine
2:18:12	Credits

