

ENHANCE YOUR STRENGTH, FLEXIBILITY & BALANCE

Pilates/Somatic Exercise Program

Equipment List / OPTP

(800) 367-7393

**To order online, the easiest way to find these items
is to enter the product number into
SEARCH on www.optp.com**

**(You can register as a Certified Professional and receive
a discount if you are in the medical or fitness industry.)**

Stability Trainer

23304T Blue Soft/Unstable	\$27.95
23305T Green Firm/Most stable	\$27.95

Balls for Body Work

LE9801 Intermediate/ firm 6.6"	\$10.05
FitBALL Body Therapy Manual	\$22.95
Needle inflating pump 58613	\$8.95

Reflex Balls

LE9755 set of 2	\$14.95
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Foam Roller

PFR36 OPTP Pro-Roller (36" x 6")	\$29.95
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*Core Strength • Stability • Centering • Control • Flexibility
Breathing • Concentration • Precision • Flowing Movement*