The ONERO program is based on the outcomes of the LIFTMOR and MEDEX-OP trials, published in the following peer-reviewed publications:

LIFTMOR TRIAL EVIDENCE (Postmenopausal women with low bone mass; comparing Onero [high intensity resistance and impact training] with low intensity exercise control)

1. Watson SL, Weeks BK, Weis L, Horan SA, and **Beck** BR: High-Intensity Resistance and Impact Training Improves Bone Mineral Density and Physical Function in Postmenopausal Women with Osteopenia and Osteoporosis: The LIFTMOR Randomized Controlled Trial. *Journal of Bone and Mineral Research* 33(2):211-220, 2018 doi: 10.1002/jbmr.3284. PMID: 28975661 **Free article**
2. Watson SL, Weeks BK, Weis L, Harding A, Horan SA, and **Beck** BR: High-intensity exercise did not cause vertebral fractures and improves thoracic kyphosis in postmenopausal women with low to very low bone mass: The LIFTMOR trial *Osteoporosis International*, 30(5):957–964, 2019 doi: 10.1007/s00198-018-04829-z. PMID: 30612163
3. Watson SL, Weeks BK, Weis L, Horan SA, and **Beck** BR: Heavy resistance training is safe and improves bone, function and stature in postmenopausal women with low to very low bone mass: Novel early findings from the LIFTMOR trial. *Osteoporosis Int.* 26(12): 2889-2894, 2015 doi: 10.1007/s00198-015-3263-2. PMID: 26243363
4. **Beck** BR, Watson SL, Weis L, Horan SA, and Weeks BK: Response to Giangregorio et al.: Intensity is a subjective construct. *Osteoporosis Int* 27:2393–2394, 2016

LIFTMOR-M TRIAL EVIDENCE (Men over 50 with low bone mass; comparing Onero with bioDensity/Osteostrong)

1. Harding AT, Weeks BK, Lambert C, Watson SL, Weis L, **Beck** BR: A comparison of bone-targeted exercise strategies to reduce fracture risk in middle-aged and older men with osteopenia and osteoporosis: LIFTMOR-M semi-randomized controlled trial. *Journal of Bone and Mineral Research*. 35(8):1404–1414, 2020 doi: 10.1002/jbmr.4008. PMID: 32176813 **Free article**
2. Harding AT, Weeks BK, Lambert C, Watson SL, Weis L, **Beck** BR: Exploring thoracic kyphosis and incident fracture from vertebral morphology with high-intensity exercise in middle-aged and older men with osteopenia and osteoporosis: a secondary analysis of The LIFTMOR-M trial. *Osteoporosis International* 32, 451–465, 2021 doi: 10.1007/s00198-020-05583-x. PMID: 32935171
3. Harding AT, Weeks BK, Lambert C, Watson SL, Weis L, **Beck** BR: Effects of supervised high-intensity resistance and impact training or machine-based isometric training on regional bone geometry and strength in middle-aged and older men with low bone mass: The LIFTMOR-M semi-randomized controlled trial. *Bone* 136:115362, 2020 doi: 10.1016/j.bone.2020.115362. PMID: 32289518
4. Harding AT, Weeks BK, Watson SL, **Beck** BR: The LIFTMOR–M (Lifting Intervention For Training Muscle and Osteoporosis Rehabilitation for Men) trial: The protocol for a semi-randomised controlled trial of targeted exercise to reduce risk of osteoporotic fracture in older men with low bone mass. *BMJ Open* 7(6): e014951, 2017 doi: 10.1136/bmjopen-2016-014951.PMID: 28611110 **Free PMC article.**

MEDEX-OP TRIAL EVIDENCE (Postmenopausal women with low bone mass on or off bone medications; comparing Onero with a Pilates program called Buff Bones)

1. Kistler-Fischbacher M, Yong J, Weeks BK, **Beck BR:** A comparison of bone-targeted exercise with and without antiresorptive bone medication to reduce indices of fracture risk in postmenopausal women with low bone mass: the MEDEX-OP randomised controlled trial. *Journal of Bone and Mineral Research* May 25, 2021. 36(9):1680-1693, 2021 doi: 10.1002/jbmr.4334. PMID: 34033146
2. Kistler-Fischbacher M, Yong J, Weeks BK, **Beck BR:** High-Intensity Exercise and Geometric Indices of Hip Bone Strength in Postmenopausal Women on or off Bone Medication: The MEDEX-OP Randomised Controlled Trial, *Calcified Tissue International* Online First 13/6/22, DOI: 10.1007/s00223-022-00991-z

SYSTEMATIC REVIEW AND META-ANALYSIS EVIDENCE FOR HIGH INTENSITY EXERCISE FOR OSTEOPOROSIS

1. Kistler-Fischbacher M, Weeks BK, **Beck BR:** The effect of exercise intensity on bone in postmenopausal women (Part 1): a Systematic review, *Bone*. 2021 Feb;143:115696. doi: 10.1016/j.bone.2020.115696. PMID: 33357833
2. Kistler-Fischbacher M, Weeks BK, **Beck BR:** The effect of exercise intensity on bone in postmenopausal women (Part 2): a Meta-analysis, *Bone.* 2021 Feb;143:115697. doi: 10.1016/j.bone.2020.115697. PMID: 33357834

The two primary LIFTMOR papers and the second MEDEX-OP (Watson et al JBMR 2018, Harding et al JBMR 2020 and Kistler-Fischbacher et al., CTI, 2022) can be accessed free online (as indicated in the list above) and can be located by either entering the DOI or the PMID into the PubMed search bar (https://pubmed.ncbi.nlm.nih.gov/). If you cannot access the other papers through your institution or professional society library, please contact The Bone Clinic on tbcadmin@theboneclinic.com.au.