

Pump Up the Jam (Box, Light or Heavy Dumbbells, Dumbbell Pads)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Lowers/Lifts	10	1 Medium & 1 Heavy		Feet in short straps
Circles	5 each way			
Frogs/Pulses	10 each			
Zipper	10			
Wide Small Circles	10 each way			
Swimming Frog	4 each way			
Short Spine Progression	8			
100's Breathing	3 sets			Hands in long straps
100's/Rollover Combo.	5			
Knee Sways	6			
Sit-up/Tricep Press/Chest Fly	1 minute	All springs	2 dumbbells	Backs of legs squeeze bar
Footwork - Pilates V/Pulses	10 each			Dumbbells resting on carriage
Footwork - Pilates V/Chest Fly	10			Open arms as carriage opens
Parallel Calf Raises/Skull Crusher	10			Feet/legs parallel
Footwork - Heels Wide/Reach	10			Dumbbells touching, elbows bend into sides
Sit-up/Tricep Press/Chest Fly	1 minute			Backs of legs squeeze bar

Pump Up the Jam Flow

Exercise	Reps	Springs	Props	Direction
High Lunge/Dumbbell Press	10	1 Light	Box & dumbbells	Box on ground, R. foot on box, L. foot against shoulder rest, dumbbell in R. hand

Exercise	Reps	Springs	Props	Direction
Deadlift	10			Hold dumbbell in both hands
Low Leg Press/Reach	10			Only the carriage leg moves
Box Plank - Pikes/Arabesque	6			Hands on box, feet on carriage
Flying Lunge	10			R. leg kicks up to ceiling
Side Plank	5			Hips/feet facing R. side
Single Arm/Tucks	5			
Single Arm/Thread the Needle	3			
Box Tricep Push-up	6			Pads and dumbbells on box
Renegade Row	30 seconds			
Standing Tricep Extension	10			Parallel legs
Bicep Curl/Shoulder Press	6-8			Turn legs out
<i>Transition Sequence</i> Tandem Plank Slides	6	1 Medium		Box on carriage - in front of shoulder rests, feet on platform, hips/toes face L.
Single Arm Plank Slides	6			
Flamingo Pike	5			R. knee flamingo
Flamingo Clamshell in Plank	5			
Center Plank Slides	6			Feet on bar
Tandem Plank Slides - Side 2	6			Feet on platform, hips face R.
Single Arm Plank Slides -Side 2	6			
Flamingo Pike - Side 2	5			L. knee flamingo
Flamingo Clamshell in Plank -Side 2	5			
Side Sit-up/Reaches	10 each			L. foot in front strap, sitting on R. hip
Side Arm Press	6			L. hand holds both straps, legs/hips stacked, R. hand on headrest

Exercise	Reps	Springs	Props	Direction
Low Kneeling Arm Pull & Press	6			L. hand holding straps
Center Back Extensions	8			Legs under bar to stabilize
Pulling Straps - T Arms	10			Legs in frog
<i>Reverse Order - Start with Low Kneeling Arm Pull & Press & continue Transition Sequence on side 2</i>		Keep 1 Medium		
<i>Start with High Lunge/ Dumbbell Reach and continue main flow on side 2</i>		1 Light		Box on ground, L. foot on box, R. foot against shoulder rest, dumbbell in L. hand

Ending Stretches

Exercise	Reps	Springs	Props	Direction
Side Split Stretch/Reach	3	1 Light or 1 Medium		R. foot on carriage
Mermaid Side Stretch	2			L. hand on bar, R. shin against shoulder rest
Side Split Stretch/Reach -Side 2	3			L. foot on carriage
Mermaid Side Stretch -Side 2	2			R. hand on bar, L. shin against shoulder rest