

TIFFANY BURKE PILATES

Jumpstart Jump Jam

(Jump Board, Heavy Dumbbells, Soft Pilates Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Seated Curls	10 each	1 medium	Board, ball	Ball at lower back, dumbbells on carriage, hands behind head
Seated Curls (Dumbbells) -Fly	10		Dumbbells	Elbow slightly bent
Seated Curls (Dumbbells) -Overhead Reach	10			Bring dumbbells above head/ keep them touching
Abdominal Jumps/Ankle Pops	10 each			Forearms on carriage
Abdominal Jumps/Ankle Pops (Hands Behind Head)	10 each			
Side Sit-up	10			Ball underneath R hip, L leg extended, hands behind head
Side Lying 1 Arm Press	10			Dumbbell in L hand
Side Lying External Rotation	10			
Side Lying Jumps/Lift -1 Arm Press	10			
Kneeling Lat Pull Through	10			Knees against shoulder rests, hands on top of frame, arms stay straight, flat spine
<i>Start with Side Sit-up on Side 2 & continue flow</i>				Ball underneath L hip
Power Jumps - Pilates V	10	1 medium & 1 heavy		
Power Jumps - Frog	10			
Power Jumps - Alt. Legs	30 seconds			

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Flow

Exercise	Reps	Springs	Props	Direction
Standing Arms - Curl/Cross/Reach Combo.	10	No springs	Dumbbells	Stand inside/face the carriage, dumbbells in hands
Standing Arms - Arnold Press	10			
Combo - 1 Leg Narrow Overhead Press/Spiderman Plank	1 minute			Stand on R leg, L foot against bottom part of board
Plank - Slide/Pike	8			
Wall Sit - Leg Press/Overhead Press	10	1 heavy		Wall sit on board, R foot against edge of carriage
Lunge - 1 Leg Press/Alt. Hammer Curls	10			Lunge into R leg
Kneeling Arabesque Jump	10			L knee on carriage, R foot against board, hands on shoulder rests
Standing Arabesque Cup	10			R leg stays bent on carriage
Aerobics - Up, up/Down, down	30 seconds			Hold shoulder rests
Aerobic - Side to Side Skip	30 seconds			
Plank - Slides	10	1 light		Hands on carriage, feet on frame of carriage
Plank - Cross Kick Pikes	10			R leg crosses/kicks
Tandem Plank Glide/1 Arm Punch	45 seconds	No springs		Legs slightly tandem, hands on carriage, hips/toes face R side, dumbbell R hand
Side 1 Leg Carriage Press/Alt. Hammer Curls	10	1 heavy		Face R side, R foot on carriage
Front 1 Leg Carriage Press/Alt. Hammer Curls	10			Facing the jumpbaord
Kneeling Side Jumps	10			L knee on carriage, R foot on board, L hand on shoulder rest
Front Kneeling Arm Jumps	20	1 light & 1 heavy		Elbows wide, hands on board

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Exercise	Reps	Springs	Props	Direction
Aerobics - Up, up, Down, down	30 seconds	1 light 1 medium 1 heavy		Facing front, hands on board
Aerobics - Full Hops	30 seconds			
<i>Start with Standing Arms Section on Side 2 & continue flow</i>				
Feet in Straps - Lowers/Lifts	8	1 medium & 1 heavy		Feet in short straps
Circles	5 each way			
Frogs	10			
Zippers	6			
Short Spine	3			