

## Full Body Jump and Flex Class Notes (Jumpboard, Box, Soft Pilates Ball)

### Flow - Part 1

Exercise	Reps	Springs	Props	Direction
<b>Leg Lowers</b>	10	2 heavy	Soft pilates ball	Ball comes right above ankles, straps come over feet
<b>Leg Lowers and Pulse</b>	10			
<b>Knee Tucks</b>	10			
<b>Leg Lowers and Knee Tuck Combo</b>	6			
<b>Hip Lifts with Leg Lowers</b>	6			
<b>Curl-ups</b>	5			Ball comes in between the knees, hands come into the short loops
<b>Hundreds</b>	10			
<b>Bridge</b>	5			
<b>Single Leg Bridge</b>	10 each side			
<b>Parallel Jumps</b>	45 seconds			
<b>Hop Jumps</b>	45 seconds			
<b>Pilates V Jumps</b>	45 seconds			
<b>Lunge and Pike</b>	10	1 medium		Face the back one foot up against the jumpboard, other foot on the ground
<b>Lunge and Flamingo Pike</b>	10			
<b>Thread the Needle</b>	5			Feet stacked against the jumpboard, find a side plank
<b>Plank Pulse and Tuck</b>	6		Soft pilates ball	Hand on top of the ball
<b>Repeat lunge series on the other side</b>				

## Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Overhead Tricep Kickback	10	1 medium	Short box	Sitting on the short box
Arm Pull with Scissor Leg	10			
Leg Kicks	45 seconds			Strap comes over top foot
Leg Pulls	10			
Single Leg Jump and Kick	45 seconds			
Single Leg Backwards Jump	45 seconds			
Donkey Kick with Pulse	45 seconds		Soft pilates ball	Ball comes behind the knee
Double Leg Stretch	10		Long box	
Leg Lowers with Arms	30 seconds			
<i>Repeat on the other side</i>				

## Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Jump and Twist Arms	45 seconds	1 medium		
Single Arm Serve the Platter	45 seconds			Proposal kneeling
Chest Press	30 seconds			Kneeling on the carriage
Single Arm Serve the Platter- side 2	45 seconds			
Jump and Twist Arms- side 2	45 seconds			
Circles	10 each way	1 heavy, 1 medium, 1 light		
V Stretch	5			
Short Spine	5			