

TIFFANY BURKE PILATES

Jumping NY Jam

equipment needed: reformer, jump board, box, ball and medium to heavy DBs

Upper Body Jam

Exercise	Reps	Springs	Props	Direction
Leg Lowers	10	1 Light	Ball	Ball between the ankles with the long loops over the arches of the feet.
100's Breathing	10			
Tucks	10			
Ball Jumps	10		Ball	Ball between the ankles with feet jumping away from the foot bar.
Riser Jackknife Jump	45 seconds			
Single Arm OH Reach	10		10-15 lb DB	
Front Kneeling Arm Jump	10			
Single Arm OH Reach	10			
Side Kneeling Arm Jump	10			
Side Sit Up	10	1 Medium	Ball	Side lying with the ball under the waistline.
Side Lying Lat Pull (strap)	10		Ball	
3 Point Kneeling Lat Pull (strap)	10			Facing the back of the reformer. Kneeling with one hand on the shoulder block, one hand holding the strap.
Renegade Row	10		10-15 lb DB	
Cris Cross Scooter Push				
Reverse the order to complete the Upper Body Jam flow on the other side.				

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Lower Body Jam Part 1

Exercise	Reps	Springs	Props	Direction
Single Leg Jump x 2	2 sets of 10	1 Medium & 1 Light	NO	Lying supine on the carriage.
Side Single Leg Jump x 2				
Back Kneeling Single Leg Jump x 2				
Revers the order to complete the single leg series.				

Box Jam (set up: box on the front frame with no springs on)

Exercise	Reps	Springs	Props	Direction
Center Pikes 1 (knees down)	6	NO SPRINGS	BOX	Front plank with elbows on the box.
Center Pikes 2 (Knees off)	6			
Center Pikes 3 (hands down)	6			Front plank with hands on the box.
Side Pikes 1 (knees down)				Side plank with elbows on the box.
Side Pikes 2 (knees off)				
Side Pikes 3 (Cleopatra)				Side plank with hand on the box.
Repeat the side pikes on the other side.				
Dead Lifts	10	1 Extra Light	Heavy DBs	Standing on the carriage with the RT foot on the carriage and the other foot on the shoulder block.
Box Lunge Step ups	10			RT foot on the box with the other foot on the carriage.
Reverse the leg work to complete the flow.				
Pigeon Stretch to Front Split Stretch. Repeat 3 then repeat on the other side.	3			

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