

Jump & Sculpt Cardio | Reformer Jumpboard Class Plan | Approx. 45min

Equipment Needed:

- Reformer with jump board
 - Sticky mat or rolled-up towel for cushioning hands
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Warm-Up (Feet in Straps)

1. **Setup:** 2 heavy red springs, straps ready on shoulder rests.
2. **Parallel Lift & Lower**
 - Lay on back, feet in straps, legs extended, spine neutral.
 - Inhale lift legs to ceiling, maintaining neutral spine.
 - Exhale lower legs towards jump board.
 - Repeat 10 times.
3. **Parallel Bend & Stretch**
 - Flex ankles, bend knees to tabletop, extend legs long.
 - Point toes forward, then pull toes towards face.
 - Repeat 10 times.
4. **Combined Movements**
 - Inhale bend to tabletop & lift legs up to the ceiling straight, exhale lower them down to start position. 3 counts
 - Repeat 10 times.
 - Then Reverse.
5. **Turned Out Lift & Lower**
 - Heels together, toes apart V-shape
 - Lift and lower legs.
 - Repeat 10 times.
6. **Turned Out Bend & Stretch**
 - Bend knees, flex ankles to froggy position, extend legs long.
 - Repeat 10 times.
7. **Combine Movements**
 - Same pattern as in parallel but maintain external rotation.
 - Bend to frog, lift legs up, and lower forward. 3 counts
 - Repeat 10 times.
 - Then Reverse.
8. **Internal Rotation**
 - Feet turned in, big toes touch, heels apart.
 - Bend and stretch knees.
 - Then hold legs straight & draw small circles in turned-in position, both directions.
 - Repeat 5 circles each direction.
9. **Short Spine Series**

- Inhale, lift legs up.
 - Exhale, roll up to shoulder blades.
 - Bend knees, articulate down, extend legs back to start position.
 - Repeat 5 times.
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Hands in Straps

1. Hundreds

- Stay on 2 heavy red springs or lighten to 1 red 1 blue.
- Scoot away from shoulder blocks.
- Lift legs to tabletop, then exhale extend arms & legs long & hold.
- Then inhale for 5 counts, exhale for 5 counts pumping hands.
- Repeat 10 times.

2. Mid-Back Series

- Straight arm pull downs exhale to lower arms inhale to lift.
 - V arms.
 - T arms.
 - Circle arms both directions.
 - Perform all with head down & legs in table top or option to add spinal flexion & leg extension for more challenge.
 - Repeat 5-10 reps of each movement.
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1st Jumping Series

3. Parallel Hip Width Apart Jumps

- 2 heavy red springs. (or 1 red 1 blue spring)
- Exhale jump, land softly , aiming heels close to jump board.
- Repeat 10 times.

4. V-Shape Jumps

- Heels together, toes apart.
- Jump, land softly.
- Repeat 10 times.

5. Alternate Parallel and V-Shape

- Jump in parallel, then land in V-Shape, alternating back & forth.
- Repeat 10 times.

6. Wide Turned Out Second Position

- Feet to corners, turned out.
- Jump, land softly.
- Repeat 10 times.

7. Parallel Legs Together

- Feet together in center.

- Jump, land softly.
 - Repeat 10 times.
 - 8. Alternate Second Position & Parallel Legs Together Jumps**
 - Jump in turned out second position, then land together parallel, alternating back & forth.
 - Repeat 10 times.
 - 9. Side to Side Jumps (Moguls)**
 - Feet together, shift to one side.
 - Jump to opposite side.
 - Repeat 10 times.
 - Then do two jumps on either side.
 - Repeat 10 times.
 - 10. Corner to Corner Single Leg Jumps**
 - Start in one corner of jumpboard legs angled on diagonal.
 - Alternate jumping corner to corner landing on 1 foot
 - Repeat 10 times each leg.
 - Then do two jumps in either corner.
 - Repeat 10 times.
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Side Kneeling Arm Work

- 1. Hug a Tree**
 - 1 blue spring.
 - Knees hip-width apart, hold strap.
 - Close arms in a circle exhale, open inhale.
 - Repeat 10 times.
 - 2. Spinal Rotation**
 - Hands together, twist to both sides.
 - Repeat 10 times.
 - 3. External Rotation**
 - Hold strap across body in hand nearest to jumpboard, rotate forearm out & in.
 - Repeat 10 times.
 - 4. Abduction - Sawing Motion**
 - Elbow pulls wide to the side, then back across body.
 - Repeat 10 times.
 - 5. Back hand**
 - Start with same sawing motion then finish with arm extended up on diagonal
 - Repeat 10 times.
 - 6. Repeat whole series on the other side**
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2nd Jumping Series - Heavy Springs

1. Parallel Hip Width Apart Jumps

- 3 heavy red springs. (or 2 reds & 1 blue spring)
- Exhale jump, inhale land & hold at the bottom for 2-3 focusing on a deep squat hold.
- Repeat 10 times.
- Then add 2 pulses every time you land getting deeper on each pulse
- Repeat 10 times.

2. V-Shape Jumps

- Heels together, toes apart.
- Jump, land holding for 2-3 counts at the bottom just like before
- Add double pulses at the bottom.
- Repeat 10 times.

3. Wide Turned Out Second Position

- Feet to corners, turned out.
- Jump, land holding for 2-3 counts at the bottom
- Add double pulses at the bottom.
- Repeat 10 times.

4. Parallel Legs Together

- Feet together in center.
- Jump, land holding for 2-3 counts at the bottom
- Add double pulses at the bottom.
- Repeat 10 times.

Planking Series

1. Plank Saw

- Add cushion under hands if needed for comfort
- 1 heavy red spring.
- Hands on jump board, feet against shoulder blocks.
- Push carriage out with shoulders exhale, then pull forward inahle. 2 counts.
- Repeat 10 times.

2. Add Bend & Stretch of Knees

- Saw out to plank exhale & stay, inhale bend knees to bring carriage in and exhale push back out, then inhale saw to return forward. 4 counts.
- Repeat 10 times.

3. Continuous Bend & Stretches

- Hold plank & band & stretch knees in & out continuously
- Repeat 10 times.

4. Side Plank Saw

- One hand on jump board, feet against shoulder blocks (top foot forward bottom foot back)
- Open arm to T as you inhale saw carriage out, then exhale close carriage lowering arm.
- Repeat 10 times
- Add threading the needle. Inhale press out, hold as you exhale rotate & reach arm under, inhale open front, exhale close. 4 counts.
- Repeat 10 times each side.

5. Repeat Side Plank Saw Series on other side

Final Jumping Series - Light Springs Abs

1. Parallel Jumps

- 1 blue spring.
- Feet together, imprinted spine, spine flexed forward head up, hands behind head.
- Exhale jump & inhale land maintaining legs long, low & together.
- Repeat 10 times.

2. Lift & Lower

- Jump & lift both legs up & down quickly with lots of time to softly land
- Repeat 10 times

3. Circles

- Jump & lift legs up, circle them apart through a straddle to draw a circle, land with feet together
- Repeat 10 times.
- Reverse circle, repeat 10 times.

4. Alternating Single Leg Jumps

- Jump alternating legs
- Repeat 10 times each side.

5. Add rotation

- Continue single leg jumps twisting toward lifted leg as you land on jumpboard.
- Repeat 10 times each side.

6. Hold Rotation

- Stay twisted to one leg, maintaining opposite elbow & knee close to each other
 - Jump in that position continuously
 - Repeat 10 times
 - Repeat on other side.
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Cool Down and Stretch

1. Standing Single Thigh Stretch

- 1 red spring.

- One foot against shoulder rest, other foot on floor.
- Exhale push away, sink hips carriage moves out.
- Repeat 5 times each side.
- Reach inside arm up & side bend away from machine & hold.
- Sink hips deeper for more stretch
- Repeat on other side.

