

# Jump for Joy

This 30-minute jumpboard workout, designed to energize your entire body and get your metabolism going, is a blast!

Workout by Amy Havens •  
Edited by Amanda Altman

If you're a clock watcher, watching the minutes tick by during a solo session or class (you know who you are!), you'll fall in love with this jumpboard-based workout that delivers a mega shot of energy—and cardio to boot.

"This workout will really get you moving!" says Pilates pro Amy Havens, who created the routine to, well, get a jump on her own practice and does the workout twice a week.

The routine will not only wake you up, but it will strengthen your feet, legs and abdominals while leaving you feeling lengthened, strong and balanced, says Havens. "Plus, the repetitive jumping, in combination with using the stability ball, provides an extra cardio burst, challenges coordination skills, enhances concentration and builds endurance."

While jumping, it's important to keep your abdominals engaged to support your back and overall posture. And, "pay attention to how your lower extremity joints feel, especially your knees," says Havens. "If you begin to feel pain or sensitivity, slow down, do fewer repetitions, change the spring tension, or just do leg presses instead."

Jumping helps support the natural rebound quality our bodies are engineered for, making the workout perfect for all levels (but check with your doc or Pilates teacher first). A few words from the wise: "Don't forget to stretch, breathe and, most importantly, remember that movement is meant to be fun!" **PS**

## Jumping Stomach Massage



**SPRING SETTING:** 1 light spring

**PURPOSE:** challenges abdominal connection and strength; enhances hip joint flexibility; strengthens the glutes

**SETUP:** Sit near the front edge of the carriage with your spine slightly rounded, and lightly hold onto the carriage edge while placing your feet on the jumpboard in a Pilates V position at the height of your knees. Engage your abdominals and relax your shoulders.

1. Keeping your abdominals pulled in and your legs firmly squeezed together, initiate the jump from your glutes, jumping off the board and aiming your feet straight toward it.

2. Land on the board with control. Do 10 repetitions. Pause, then do 10 more.

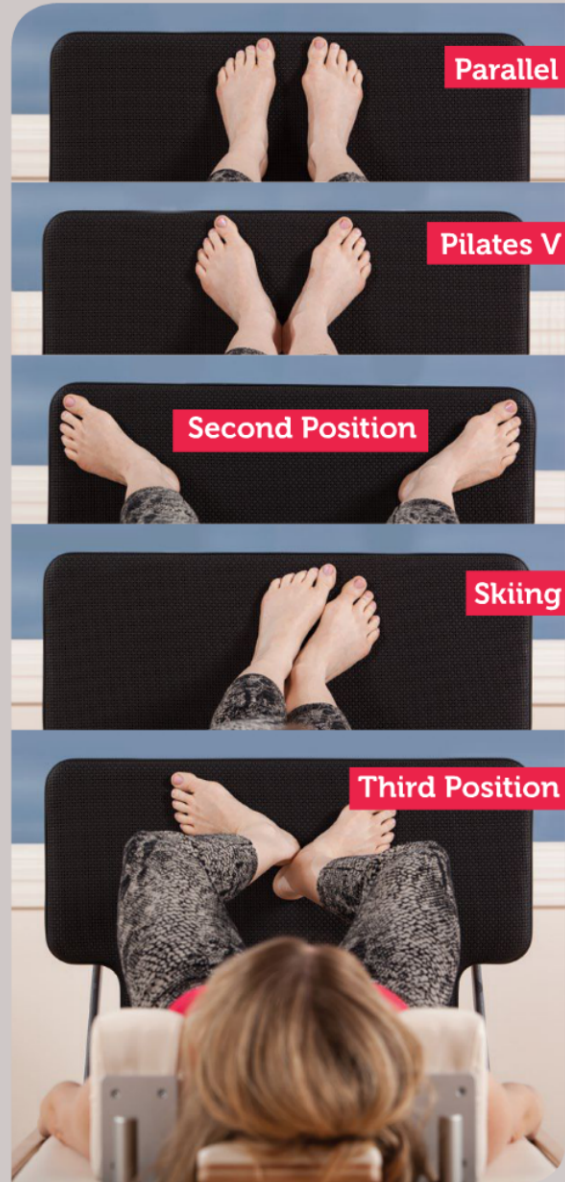
**TIPS:** This is a fairly difficult jump, so make sure to keep your abdominals engaged and your body slightly rounded forward to support your spine with the mild impact.



## Foot Positions

Working in the different foot positions not only helps to vary your workout, but it promotes proper alignment from the hips to the knees to the feet while allowing you to strengthen and tone the entire lower body.

Here's how the five positions should look.



**TIPS:**

- \* Be mindful to work in proper alignment, with your hips, knees and second and third metatarsals (toe pads) in line in both parallel and externally rotated positions.
- \* For the externally rotated positions, make sure to first focus on your rotation coming from your hip joint, then make sure your knees and feet are in alignment.

## Wake Up Feet

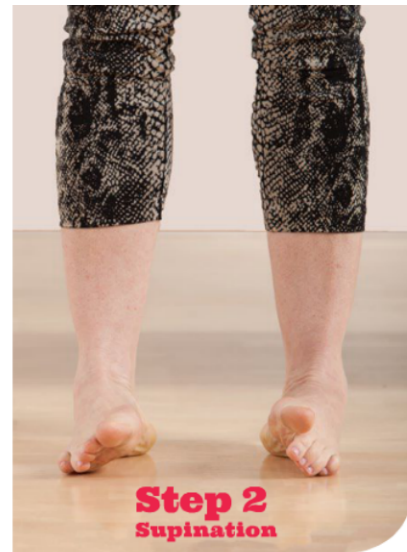


**PROPS:** 2 small balls

**PURPOSE:** wakes up the proprioceptors in the feet; gently stretches and lengthens the foot muscles, ligaments, tendons and fascia; prepares the body for impact and rebounding by stimulating circulation and hydration of the tissues of the feet

**SETUP:** Stand tall with your arms relaxed by your sides, feet in parallel.

1. Lift all 10 of your toes off the floor as evenly as possible, engaging the ligaments and tendons of the feet and the anterior tibiae (muscle in front of your shin).
2. Intentionally shift your weight forward and backward on your feet, then shift to the outside edges (supination) and then to the inside edges (pronation). Do 2–3 repetitions of these movements.
3. Place a small ball just under the center of each arch. Shift your weight onto the balls of your feet, then shift it back to



your center arches, then to your heels, followed by your lateral (back) arches and finally to your medial (middle) arches.

4. Shift your weight onto your toes, and squeeze and release the ball with your toes 5 times.

**TIP:** Keep the movements fluid to really spread and open the feet.

**MODIFICATION:** If your feet are too tender, omit the use of the balls.

## Lend Me Support



**SPRING SETTING:** medium to light

**PROP:** medium stability ball

**PURPOSE:** promotes proper sitting posture and spinal rotation; strengthens the hip flexors and back extensors; stretches the shoulders and chest

**SETUP:** Place the ball just in front of the shoulder rests, and sit with your back snugly against the ball, feet in the middle of the jumpboard in the Pilates V position and knees bent at about a 90 degree angle. Firmly hold onto the backs of your thighs to help you to begin in a very upright position. Hold this position for 5 breath cycles.

1. Gently press away from the board while reaching your arms straight in front of you, keeping them long and energized and your shoulders relaxed. Bend your knees to return to the board as close as you can while maintaining this upright posture. Do 5–10 repetitions, focusing on the upward length of your spine and staying evenly weighted on your sitz bones.
2. Interlace your hands behind your head, lightly pressing your head into your hands and slightly pulling up on your skull to release tension and elongate your sub-occipital muscles (back of your neck). Do 5–10 more leg presses.
3. Press away from the board, engaging your leg muscles for support, and add an upper-back extension over the

ball. Hold this Swan posture for 5–10 breath cycles. “Trust” the support of the ball, and lift your chest up and over it for a wonderful chest stretch.

4. Return to sitting tall and add a gentle spinal rotation to your right side, making sure to keep sitting tall, with even weight on your sitz bones and relaxed ribs and shoulders. Repeat the twist to your left side. Do 3–5 rotations on each side.

**TIPS:** Use the ball for support, lean into it and allow it to help support your posture. It should act as an imaginary wall. Stay evenly weighted on your sitz bones throughout.





**Step 2**  
Pronation



**Step 3**



**Step 4**

### Gear Guide

Balanced Body Studio Reformer®  
and Jumpus Maximus (\$3,295 and \$195,  
respectively; [www.pilates.com](http://www.pilates.com))  
Thera-Band Pro Series SCP Exercise Ball  
(\$27.49; [www.performancehealth.com](http://www.performancehealth.com))  
Small balls (purchased at a local pet store!)



**Setup**



**Step 1**



**Step 2**



**Step 3**

## Jumping Variations with Ball



### SPRING SETTING:

2 medium springs for 2-leg jumps; 1½ springs for single-leg jumps (lower the spring tension to decrease leg muscle focus and

increase abdominal challenge)

**PROP:** medium stability ball

**PURPOSE:** provides a cardio challenge; increases coordination, concentration, stamina and endurance

**SETUP:** Lie on the carriage with your head on the headrest, shoulders against the shoulder blocks, and hold the ball in your hands just above your chest, elbows bent at a 90 degree angle. Place your feet in parallel on the top center of the jumpboard, knees bent at a 90 degree angle.

1. Jump back away from the board, straightening

your legs completely, as you simultaneously toss the ball into the air and catch it on the way back to your foot landing.

2. Get creative and experiment with soft tosses, strong tosses, or just holding the ball and swaying it from right to left over your body as you jump. Do 10–20 jumps.

3. Do single-leg jumps, with your left foot on the jumpboard in parallel and your right foot either extended straight to the ceiling (or in tabletop position). Jump off with your left foot, and land with your right in parallel on the board and your left extended toward the ceiling. Or, scissor your legs instead.

**TIPS:** This exercise might take some practice and initially you may drop the ball while you're figuring out the timing. Toss the



ball lightly to start and not too far behind you because you'll be catching it on the way down to your landing.

**MODIFICATION:** Omit the use of the ball.

### Setup



### Step 2



### Step 1



### Step 3



## Rebounding Jumps



**SPRING SETTING:** same as above

**PURPOSE:** strengthens and targets the quadriceps, calves, feet, hamstrings, glutes and abdominals; focuses on articulation and mobility of the bones and joints of the lower extremities; enhances alignment from the hips to the feet; allows for gentle impact and bone-loading

qualities for increased balance and strength; tones and lengthens the legs

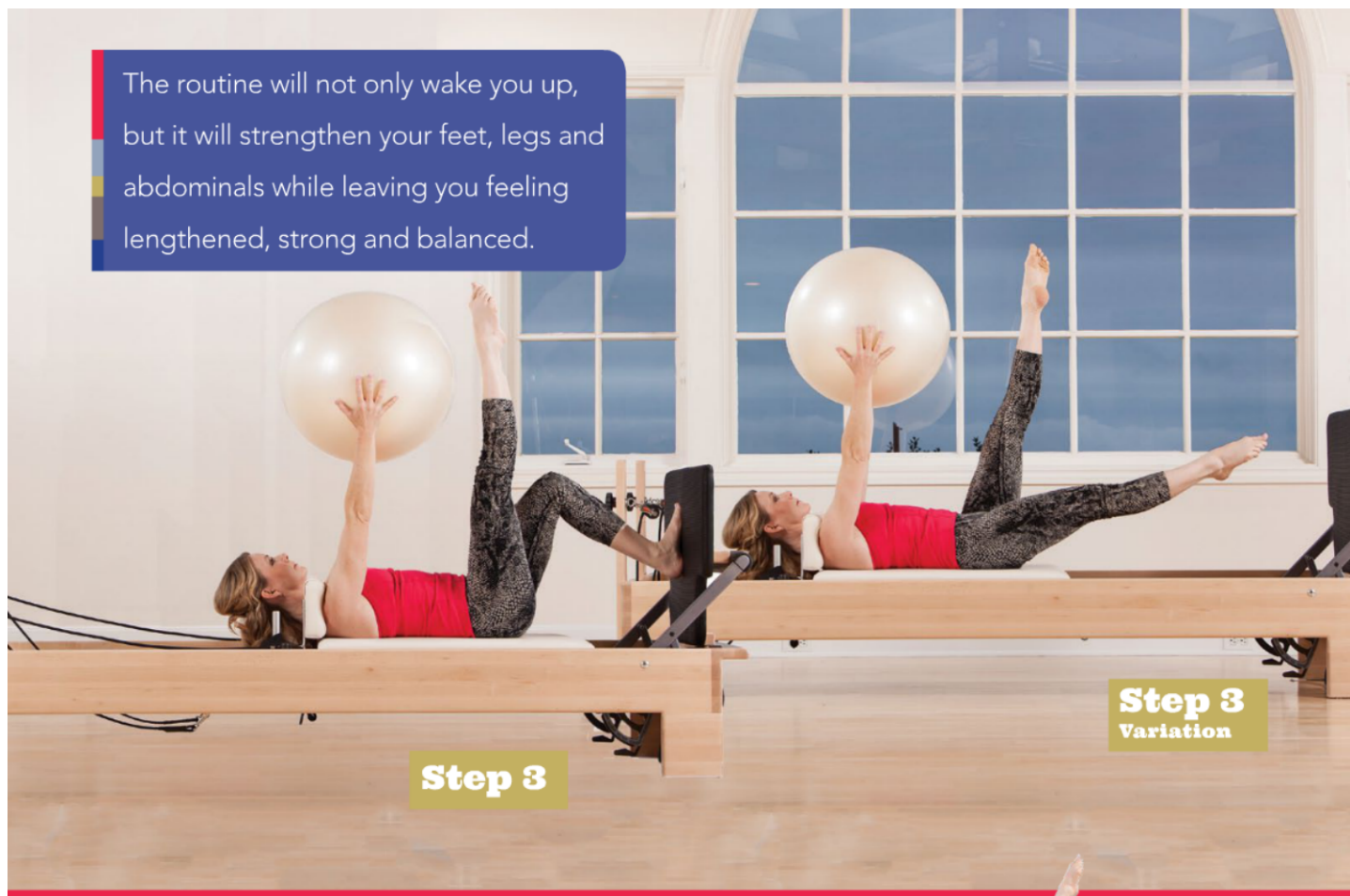
**SETUP:** Lie on the carriage with your head on the headrest, shoulders against the shoulder blocks, and arms by your

sides, palms facing down. Place your feet in parallel on the top center of the jumpboard and straighten your legs.

1. Engage your abdominals to support your spine and bend your knees to begin the jump. Jump off the board, initiating with your glutes, then quads and then feet.

2. Land by rolling through your feet—first your toes, then on the balls of your feet, then on your arches and finally on your heels. Be diligent about getting your heels down flat on the board. Do 10–20 jumps.

The routine will not only wake you up, but it will strengthen your feet, legs and abdominals while leaving you feeling lengthened, strong and balanced.



**Step 3**

**Step 3**  
Variation



**3.** Repeat steps 1–2 in each of the remaining 4 foot positions—Pilates V, Second, Skiing and Third—going through the series of foot positions for 19–20 jumps each. Alternatively, do intervals: Choose 2 positions you enjoy most, and jump in them for 30–60 seconds each, alternating positions.

**TIPS:** Land quietly as if you were landing on a cloud, or were a cat pouncing on a mouse—shhh! Only return as close to the bumper as you can with your heels flat, and be careful not to “pop” your heels back up. It’s more

important to get your heels down than to come all the way to the bumper!

**MODIFICATION:** Do fewer repetitions or shorter intervals.

**ADVANCED:** Do more repetitions or longer intervals, and/or use a heavier spring tension.

## Setup



## Step 1



## Step 2a



## Step 2b



## Elongate and Rotate



**SPRING SETTING:** medium to light

**PURPOSE:** emphasizes length and strength; targets the hamstrings, back extensors and shoulder stabilizers; challenges spine stabilization; enhances trunk rotation; stretches the front line of the body, including the shoulders, abdominals and hip flexors, as well as the back extensors, lateral muscles and obliques

**SETUP:** Kneel on the carriage with your heels against the shoulder rests and your toes curled under. Place your palms flat on top of the jumpboard shoulder-width apart, arms extended straight and shoulders relaxed. Open your hips and slightly extend your spine.

**1.** Press away from the board, engaging your abs and glutes to support your lower back while keeping your shoulders stable, hips open and spine elongated. Return to the starting position. Do 3–5 repetitions.

**2.** On your last repetition, press away from the board and hold the position. Flex at your hips to 90 degrees into a modified Plank position, and then lower your upper body between your arms until your back is flat. Hold for 3–5 breaths.

## Step 3



**3.** Release your right arm from the board and “Saw” your fingers toward the left edge of carriage, aiming your hand to the outside of the wood frame. Make sure to maintain a stable carriage and elongated spine. Hold for 3–5 breaths. Repeat on your other side.

**TIP:** Keep your abdominals engaged for spinal support.

**MODIFICATION:** Do the exercise in a standing position on the outside of the carriage.

**ADVANCED:** Use very light spring tension.

## Stretch and Balance



**SPRING SETTING:** 1 medium spring

**PURPOSE:** enhances flexibility of the hamstrings and hip flexors; challenges balance and concentration

**SETUP:** Kneel on the carriage with your right foot against the right shoulder rest, toes curled under, and your hands (or fingers) on top of the jumpboard. Place your left foot (either the ball or arch) on top

of jumpboard. Keep your hips in extension and your spine elongated. You can either hold this position or press slightly away from the board.

1. Keeping your hip extended, spine long and your abdominals engaged, press away from the board, going out as far as you need to receive the best stretch for you. Maintain a sense of “up” in this stretch, rather than sinking down into your hips and pelvis.
2. For a balance challenge, lift your back knee off the carriage.
3. For even more of a challenge, let go with your hands and bring your body more upright. Now you’re more up in the splits. Hold for 3–5 breaths.
4. Repeat entire sequence on your other side.

**TIPS:** If you have sensitive knees, use a knee pad under your back knee. Move into the stretches slowly and be careful not to lock your front knee.

**MODIFICATION:** Do Eve’s Lunge stretch instead: Stand on the floor at the side of the Reformer with a slightly bent knee and place your hands lightly on top of the jumpboard. Your standing foot is near the front leg of the Reformer and the other with its toes tucked down and heel against the shoulder rest. Gently move the carriage back to open your hip joint and stretch your hip flexors, keeping your abdominals engaged and spine long.

**ADVANCED:** Open all the way into a full split, either with your hands on the board or with them off while your body is upright. Add an upper-back extension and/or spinal rotation.

Amy Havens is the owner of CenterPoint Pilates Inc, a premier studio in Santa Barbara, CA, awarded “Best Pilates Studio 2011 and 2012” in the SB Independent’s Readers’ Poll. The Colorado State University grad discovered the method after suffering a performance-related injury and immediately recognized its benefits. Amy studied under the tutelage of Madeline Black and Jean Sullivan and completed her first Comprehensive Teacher Training Program through The PhysicalMind Institute. Since then, Amy has earned additional certifications through the PMA, CORE Conditioning pre/postnatal training, Booty Barre and Pilates for Buff Bones. She has also completed BASI Pilates’ rigorous Mentor and Master Programs with Rael Isacowitz, is a proud graduate of Pat Guyton’s Pilates Conservatory Teacher Training Program, has completed Gil Hedley’s 6-Day Intensive Hands-On Human Dissection Workshop, and is a founding teacher for Pilates Anytime. In her “spare” time, Amy enjoys traveling, cooking and listening to music with her husband, Bob, and caring for their two dogs, Maddie and Boomer.

### Setup



### Step 1



### Step 2



### Step 3

