

# FITCORE™

Reformer JUMP: Elevate & Ignite  
Courtney Weis

Block	Setup	Exercise Sequence/Body Position	Reps	Progression	Cues to Use
<b>Block 1 - Warm Up</b>					
Breathing	JB 2M spr HR up	Standing PS side of reformer. Hand to jumpboard	2-4	No hands	Lift up through your abs as your arms come down.
Lateral Bend		Standing PS side of reformer. Hand to jumpboard	4 ea.	Relevé heel lift	Lift up out of both sides of the waist.
Twist		Standing PS side of reformer. Hand to jumpboard	4 ea.	Tempo. Relevé heel lift	Keep your pelvis square and twist from low to high.
2x4		Standing PS side of reformer. Hand to jumpboard	4-6	Cross elbows over chest	Bend knees, lift heels, straighten knees, lower heels
Running		Stand Parallel. Hand to jumpboard	10-12	No Hands	Pull to centerline. Roll through feet
Stand to sit		Stand parallel next to carriage	6-8	Larger ROM	Sit to carriage. Use glutes to stand
<b>Block 2 - Connect to the Core</b>					
100	JB 2M spr HR up	Supine Pilates Stance. Legs long over jumpboard	8-10 reps	Lift legs	Press legs into JB. Curl up pump and scoop.
Toe and heel lift		Supine Parallel feet on JB	8-10	Larger ROM	Lift heel. Lift toes. Wake up feet
Supine Squat		Supine Pilates Stance on JB	8-10	Larger ROM	Close carriage and reluctantly lift heels
Supine Jumps		Supine Pilates Stance on JB	8-10	Larger ROM	Small to larger jumps with pelvis still
Standing PS plié /jump		Stand next to carriage	8-10	Add relevé or jump	Hips under shoulders squat to relevé
Parallel Squat		Supine Parallel feet on JB	8-10	Larger ROM	Keep heels down as long as you can
Parallel plié /jump		Supine Parallel feet on JB	8-10	Larger ROM	Anchor the pelvis as you jump
Standing parallel jump		Stand parallel next to carriage	8-10	Add relevé or jump	Slide the hips below the shoulders as you squat
Stomach Massage Round		Seated C curve feet to JB in PS. Hands to front of carriage	4-8	Add heel lift/relevé	Pull the sitz bones to JB as you straighten knees

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Stomach Massage Hands Back		Seated feet to JB in PS. Hands to shoulder rest	4-8	Add heel lift	Press out through seat and zip the legs together keeping chest open
Stomach Massage Reaching		Seated feet to JB in PS. Hands reach forward	4-6	Sit taller. Reach further	Pull ribs off hips and get longer
Supine wide squat		Supine wide PS on JB	8-10	Larger ROM	Stretch springs. Lift & lower heels and close
Supine wide jump		Supine press wide PS	8-10	Lift heels	Land softly using the powerhouse
Standing wide PS		Stand wide PS next to carriage	8-10	Bigger squat	Lower the seat and lift with strong seat
Supine wide parallel squat		Supine wide parallel feet on JB	8-10		Press out through the seat control with the abs
Supine wide jump		Supine wide parallel	8-10		Land toe ball heel. Feet stay on JB
Standing wide parallel jump		Stand wide parallel next to carriage	8-10	Bigger jump	Sit deep and rebound
<b>Block 3 - Power Hops</b>					
Supine jumps PS	JB 1M spr HR up	Supine Pilates Stance on JB	8-10	Larger ROM	Press off with 2 feet and land in same position on JB
Supine jumps parallel		Supine parallel on JB	8-10	Larger ROM	Land with heels under toes feet together or sitz bones distance apart
Supine jumps PS to parallel		Supine Pilates Stance on JB	8-10	This is a progression	Press out in PS and land in parallel. Feet stay on the JB
Supine hops RL		Supine 1 foot on JB in PB	8-10	Extend knee	Press off and land on same foot. Hug knee to chest
8 4 2. 2.4. 8		Supine Pilates Stance on JB	8-10	This is a progression	Press 8 on R. 8 on L. 4 on R. 4 on L. 2 on R. 2 on L. Build back up
<b>Block 4 - Perfect Posture</b>					
Seated Chest Expansion	JB 1M spr	Seated legs long through headrest. Hands to ropes	4-8		Get taller as you pull arms from back

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Seated 1 arm Chest Expansion with twist RL	HR down	Seated legs long through headrest. Hands to ropes	4-8	Add rotation	Pelvis still and box square while opening chest
Roll back		Seated legs long through headrest Hold straps with knuckles together	4-8	Pull arms toward chest as roll back Increase tempo	Legs still. Roll pelvis to move carriage
Hinge back		Seated legs long through headrest Hold straps in hands 90 degrees	4-8	Add biceps curl	Perch and hinge. Abs deep for more length
Biceps Curl Combo		Seated legs long through headrest Hold straps in hands 90 degrees	4-8	Hold and pulse	Body still as curl. 1 – hinge back. 2 – straighten elbows. 3 – bend elbows. 4- sit tall.
Reverse TT combo feet on SR		Supine weight bearing, Hands to carriage. Feet to head rest	4	Feet to shoulder rest	Fire up the glutes to lift hips and open chest
<b>Block 5 - Split to Stag</b>					
Supine jump to Straddle Small to large	JB 1M spr HR up	Supine feet to JB in PS	8-10	Larger ROM	Body still abs connect while jumping
Supine jump to stag Small to large		Supine feet to JB in PS	8-10	Larger ROM	Jump – Wider – Bigger – Biggest!
Combination		Supine feet to JB in PS	8-10	No hands	Hug the inner thigh together - land softly
<b>Block 6 - Side Blast</b>					
Kick Front	1B spr Light	Sidelying. Bottom knee bent. Top leg long. foot to jumpboard parallel	6-8	Front and back	Fold at the hip. Body Still
Kick Back	HR down	Sidelying. Bottom knee bent. Top leg long. foot to jumpboard parallel	6-8	Front and back	Push from the seat. Body Still

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Kick Up		Sidelying. Bottom knee bent. Top leg long. foot to jumpboard to corner	6-8		Square box as leg lifts and lengthen s to lower
Side Jump		Sidelying. Bottom knee bent. Both legs long. Both feet to jumpboard parallel	6-8		Both feet press off both feet land toe ball heel
Side Beats 1 2 3 beats in air		Sidelying. Bottom knee bent. Both legs long. Both feet to jumpboard PS	2 ea.	Increase # beats	Press and Beat from the inner thighs
Legs in Straps - Frogs	1B spr HR up	Supine feet in long straps	6-8	Change tempo	Press from the seat. Pull in with the abs,
Legs in Straps - Circles	Long Straps	Supine feet in long straps	6-8	Change tempo	Circle out around and up. Powerhouse controls the movement
Repeat side kick other side	JB 1B spr Light HR down	Sidelying. Bottom knee bent. Top leg long. foot to jumpboard parallel	6-8		Align from head to toes. Powerhouse keeps body still as the leg moves front, back, up down and pulled together
Legs in Straps Wide straddle	JB 2M spr HR up	Supine feet in long straps	6-8	Lighter springs for more PH activation	Open the legs as pelvis anchored and connected to the mat
Legs in Straps Stag	Long straps	Supine feet in long straps	6-8	Lighter springs for more PH activation	Bend one knee and wrap the inner thighs to connect legs over the JB
<b>Block 7 - Kneeling Power Drive</b>					
Hip Extension	JB 1M spr	Quadruped face shoulder rest. 1 foot to jumpboard. <b>No jumping</b>	4-6		Lift abs away from carriage and square box
Shoulder Flexion		Reach opposite arm forward	4-6ea	Pull elbow to knee	Anchor foot to JB – wrap inner thigh

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Cat Cow	HR down	Knees beneath hips. Hands beneath shoulders align head and neck	2-4		Round spine exhale. Extend spine inhale
Switch sides			4-6ea		Long and strong head to heel
Kneeling pelvic lift		Kneel toes over carriage edge	4-6	Lengthen arm lever	Carriage still as hips lower and extend
Thigh Stretch		Kneel toes over carriage edge	4-6	Lengthen arm lever	Hinge back. Body long. Wrap a belt around waist
Chest Opener		Kneel toes over carriage edge	4-6	Lengthen arm lever	1 hand to JB while opening chest
<b>Block 8 - Control and Flow</b>					
Knee stretch round	JB 2M spr HR up	Kneel feet to SR. hands to JB top	8-10	Change springs	Press with seat, pull knees up with abs. Arms straight and still
Tinkerbelle RL		Kneel 1 foot to SR. 1 foot forward on carriage. Hands to JB top	4-6ea	Foot flat on carriage	Arms straight, Tail hooked. Eyes IN
Down stretch		Kneel feet to SR. Hands to JB top. Hips and chest extended	4-6	Lighten spring	Body shape remains same as carriage moves
Down Dog		Stand Heels against shoulder rests. Hands to JB. Hips lifted. Spine long	4-6	Change rhythms	Pull toes under nose. Use abs to elongate spine
Arabesque RL		Stand Heels against shoulder rests. Hands to JB. Hips lifted. Spine long. Lift 1 leg	4 ea.	Move carriage as leg lifts	Open hip 1 -Lift leg 2 abduct 3 adduct 4 lower leg. Pelvis level and box square. Wrap thighs
<b>Block 9 - Athletic Abs</b>					
Single leg stretch	JB 1B spr Light HR up	Supine with feet at jumpboard alternate toe taps to prepare for leaps	8-10	Head up. Hands to knees	Body still and abs deep as alternate leaps
Double leg stretch		Supine with feet at jumpboard PS	8-10	Head up. Arms up	Find Length and opposition!
Scissors		Supine with feet at jumpboard PS	8-10	Head up, Hands to ankles	Look to abs and pull leg in with powerhouse

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Ski		Supine with feet at jumpboard PS	8-10		Pull to centerline and magnetize the inner thigh
Combination		Supine with feet at jumpboard PS	1-2	Tempo change	Powerhouse strong control the carriage home
<b>Block 10 - Cool Down &amp; Stretch</b>					
Running	JB 3-4 spr HR up	Supine with feet on jumpboard parallel	8-10	Change tempo	Pelvis still as knees bend and straighten
Hip Opener		Supine with heels on corner of jumpboard in PS	8-10	Pelvis lifted	Open knees as carriage closes to stretch hip
Figure 4		Supine cross ankle over knee. One foot to jumpboard	hold	Pull knees in to deepen stretch	Keep back and pelvis connected to mat
Standing Tree		Standing face jumpboard. One foot on top of JB	3-5	Balance no hands	Straighten and bend both knees
Quad Stretch		Standing on 1 foot. Bend knee and hold foot RL	hold	Balance no hands	Pull knees close and align under hip
Final Balance		Standing Pilates Stance with breath	1-2	relevé	Grow tall and touch your head to the sky