

pilates reformer jumpboard exercises

The Pilates Reformer Jumpboard is a dynamic and versatile piece of equipment that can transform your Pilates practice, offering a low-impact yet highly effective way to build strength, improve cardiovascular health, and enhance athletic performance. pilates reformer jumpboard exercises engage the entire body, focusing on core stabilization, leg power, and controlled movements. This innovative addition to the traditional Reformer allows for plyometric-like movements that are accessible to a wide range of fitness levels. From building explosive power in the legs to sculpting a stronger core, the jumpboard opens up a new dimension of Pilates training. This article will delve into the benefits, essential techniques, and a variety of jumpboard exercises, providing a comprehensive guide for anyone looking to elevate their Reformer workouts and achieve remarkable results.

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Introduction to the Pilates Reformer Jumpboard

The Pilates Reformer Jumpboard, often referred to simply as the jumpboard, is a padded, rectangular board that attaches to the footbar of a Pilates Reformer machine. It provides a stable, flat surface against which the user can press their feet, allowing for a range of jumping and pressing movements. This accessory significantly expands the exercise repertoire possible on the Reformer, introducing elements of cardiovascular training and plyometric-like action without the high impact typically associated with such activities. Its design facilitates a controlled and supported environment, making it suitable for various fitness goals, from rehabilitation to elite athletic conditioning.

The versatility of the jumpboard lies in its ability to be used in numerous positions and with varying spring tensions, allowing for a customizable and progressive workout. Whether you are looking to build lower body strength, improve balance, increase bone density, or simply add a fun, dynamic element to your routine, the jumpboard delivers. It encourages a deep connection with the core muscles while allowing for powerful yet controlled movements of the limbs. Understanding the fundamental principles behind its use is crucial for maximizing its benefits and avoiding injury.

Benefits of Pilates Reformer Jumpboard Exercises

Incorporating jumpboard exercises into your Pilates routine offers a wealth of benefits that extend beyond traditional Reformer work. These benefits are rooted in the unique combination of core engagement, controlled power, and cardiovascular stimulation that the jumpboard provides. By utilizing the resistance of the Reformer springs and the stable surface of the jumpboard, users can achieve a comprehensive workout that targets multiple aspects of physical fitness simultaneously.

Enhanced Cardiovascular Health

The repetitive, rhythmic nature of many jumpboard exercises elevates your heart rate, providing an effective cardiovascular workout. This is particularly beneficial for individuals who find traditional cardio monotonous or high-impact activities jarring. The jumpboard allows for sustained periods of elevated heart rate in a controlled and supported manner, contributing to improved stamina, heart health, and calorie expenditure. This makes Pilates a more holistic fitness discipline, incorporating elements often found in dedicated cardio sessions.

Increased Leg Strength and Power

Pressing against the jumpboard with the feet, facilitated by the Reformer's spring resistance, directly engages and strengthens the muscles of the legs, including the quadriceps, hamstrings, calves, and glutes. The ability to vary the intensity with different spring settings allows for progressive overload, crucial for building both strength and explosive power. This is invaluable for athletes looking to enhance their performance in sports requiring jumping, running, or quick bursts of movement.

Improved Core Stability and Strength

While the legs are actively working, the core muscles are simultaneously engaged to stabilize the pelvis and torso. The dynamic nature of jumpboard exercises demands constant core activation to maintain proper form and control. This continuous engagement leads to a significant strengthening of the deep abdominal muscles, obliques, and lower back, contributing to better posture, reduced risk of back pain, and improved overall functional strength.

Low-Impact Alternative to Traditional Jumping

One of the most significant advantages of the jumpboard is its ability to mimic the benefits of high-impact exercises like jumping jacks or jump squats without the associated stress on the joints. The Reformer's carriage and spring system absorb much of the impact, making it an excellent option for individuals with joint issues, recovering from injuries, or those seeking a gentler yet effective way to build bone density and cardiovascular fitness.

Enhanced Proprioception and Body Awareness

The precise movements required on the jumpboard, combined with the feedback from the spring resistance, enhance proprioception – the body's ability to sense its position, movement, and actions. This heightened body awareness translates to improved balance, coordination, and motor control, which are beneficial in everyday activities and athletic pursuits.

Essential Techniques for Safe and Effective Jumpboard Workouts

Mastering a few key techniques is paramount to unlocking the full potential of pilates reformer jumpboard exercises while ensuring safety and preventing potential injuries. The jumpboard, while offering a dynamic workout, requires precision and mindful execution to reap its benefits. Focusing on proper form, engagement of the correct muscle groups, and understanding the feedback from the equipment will significantly enhance your experience.

Proper Foot and Leg Alignment

When positioning your feet on the jumpboard, it is crucial to maintain a neutral spine and engage your core. Your feet should be hip-width apart, with toes and heels pressing evenly into the board. Avoid sickling your feet inward or pushing solely through your heels or toes. The movement should originate from the ankles, knees, and hips, with a smooth, controlled push and return. Ensure your knees track over your toes throughout the exercise.

Core Engagement and Pelvic Stability

The foundation of any effective jumpboard exercise is a strong, engaged core. Before initiating any movement, draw your navel towards your spine and

maintain a sense of pelvic stability. This means preventing the pelvis from rocking or tilting excessively as you push and return. Your core acts as the anchor, ensuring that the power generated by your legs is controlled and does not lead to compensatory movements in your back or hips. Imagine your pelvis is a bowl of water that you do not want to spill.

Controlled Spring Resistance

The spring system on the Reformer is your primary tool for adjusting the intensity of jumpboard exercises. Lighter springs (yellow or blue) offer less resistance, making it easier to perform movements and focusing on fluidity and control. Heavier springs (red or green) provide greater challenge, requiring more strength and endurance. Typically, you will start with lighter springs for learning the basic movements and progress to heavier ones as your strength and stamina increase. The goal is to use a spring that allows you to complete the repetitions with good form, not one that compromises your alignment.

Breathing Coordination

As with all Pilates exercises, mindful breathing is essential. Coordinate your breath with the movements to enhance core engagement and deepen the exercise. Generally, you will exhale as you exert effort, such as pushing off the jumpboard, and inhale as you return to the starting position. This pattern helps to stabilize the core and promote a rhythmic, controlled flow throughout the exercise. Conscious breathing also aids in relaxation and focus.

Mindful Return and Deceleration

The return phase of jumpboard exercises is as important as the pushing phase. Instead of simply letting the carriage spring back, consciously control the deceleration. Use your core and leg muscles to guide the carriage smoothly back to the starting position. This controlled return builds eccentric strength and further enhances body awareness and control, preventing the carriage from slamming back and potentially causing injury or loss of form.

Core Jumpboard Exercises for Strength and Stability

The jumpboard is an exceptional tool for building core strength and

stability, complementing traditional mat and Reformer core work. By engaging the deep abdominal muscles and stabilizing the torso, these exercises create a solid foundation for all movement. The challenge lies in maintaining core integrity while performing dynamic leg actions, fostering a powerful connection between the extremities and the center of the body.

The Classic Jump

This fundamental exercise involves a controlled pressing and returning motion with the feet on the jumpboard.

- Start in a seated position facing the jumpboard, with your feet flat on the board, hip-width apart, and knees bent.
- Engage your core and ensure your spine is neutral.
- Press your feet against the jumpboard, extending your legs as you exhale, moving the carriage away from the footbar.
- Inhale and slowly control the carriage back to the starting position.
- Repeat for several repetitions, focusing on smooth transitions and consistent core engagement.

This exercise strengthens the quadriceps and hamstrings while demanding significant core stabilization.

Single Leg Press

This variation challenges core stability by working one leg at a time, forcing the obliques and deep abdominals to work harder to maintain balance.

- Begin in the same seated position as the Classic Jump.
- Place both feet on the jumpboard.
- Lift one foot slightly off the jumpboard, balancing on the ball of the other foot.
- Press into the jumpboard with the supporting foot, extending the leg as you exhale.
- Inhale and control the carriage back to the start.
- Perform the desired number of repetitions on one leg before switching to the other.

This exercise is excellent for identifying and addressing imbalances in leg strength and core control.

Knee Lifts with Jumpboard Press

This exercise combines the lower body push of the jumpboard with a controlled knee lift to enhance abdominal engagement.

- Start seated, feet on the jumpboard.
- Perform a few Classic Jumps to warm up the legs and core.
- As you press the carriage away, simultaneously lift one knee towards your chest, maintaining core stability.
- As you inhale and return the carriage, lower the lifted leg back to the jumpboard.
- Alternate legs with each repetition.

This movement directly targets the rectus abdominis and hip flexors while maintaining spinal neutrality.

Leg and Glute Focused Jumpboard Exercises

The jumpboard is exceptionally effective for targeting and developing the muscles of the lower body, including the quads, hamstrings, calves, and glutes. By leveraging the spring resistance and the dynamic pressing action, these exercises build strength, power, and muscular endurance in the legs and hips, contributing to improved athletic performance and functional mobility.

Heel Squeezes

This exercise emphasizes the hamstrings and glutes by focusing the pressure on the heels.

- Sit facing the jumpboard with feet placed hip-width apart, pressing evenly through the balls of the feet and toes, with heels slightly lifted.
- Engage your core and press the jumpboard away with your legs, maintaining a slight lift in the heels.

- As you extend your legs, focus on squeezing your glutes and engaging your hamstrings.
- Control the carriage back to the starting position, maintaining the heel lift and glute squeeze.

This variation is excellent for developing posterior chain strength.

Toe Presses

This exercise targets the quadriceps and calf muscles by focusing pressure on the toes.

- Begin with feet on the jumpboard, hip-width apart, pressing evenly with the entire foot, but with a slight emphasis on the toes.
- Press the jumpboard away by extending your legs, ensuring your heels lift slightly off the board.
- Focus on engaging your quadriceps and the calf muscles as you push.
- Control the return of the carriage, allowing your heels to lower back to the board.

This movement is beneficial for building strength and definition in the front of the thighs and lower legs.

Glute Bridges on Jumpboard

This exercise is a powerful glute strengthener performed with the jumpboard.

- Lie on your back on the Reformer carriage with your feet placed on the jumpboard, hip-width apart.
- Engage your core and glutes, and press the jumpboard away with your feet.
- As the carriage moves, lift your hips off the carriage, creating a bridge position, squeezing your glutes at the top.
- Hold briefly, then slowly lower your hips back to the carriage, maintaining control.
- Repeat for the desired number of repetitions, focusing on glute activation throughout the movement.

This exercise is highly effective for strengthening the gluteal muscles and improving hip extension.

Cardiovascular and Endurance Jumpboard Workouts

The jumpboard is a superb tool for elevating your heart rate and building cardiovascular endurance within the context of a Pilates session. By performing sustained, rhythmic movements, you can achieve an aerobic workout that complements strength training, promoting overall fitness and improving stamina. The controlled environment of the Reformer allows for a vigorous cardiovascular challenge with reduced impact on the joints.

The Cardio Jump Sequence

This sequence involves performing the Classic Jump continuously for an extended period, focusing on maintaining a consistent pace and breath.

- Select a lighter spring (e.g., yellow or blue) to allow for fluid movement.
- Begin with the Classic Jump and continue pressing and returning the carriage rhythmically.
- Aim to maintain a steady pace that elevates your heart rate into your target aerobic zone.
- Focus on deep, consistent breathing throughout.
- Continue for a set duration (e.g., 5-10 minutes or longer), gradually increasing the time as your endurance improves.

This continuous movement is highly effective for improving cardiovascular health and burning calories.

Alternating Leg Jumps (Cardio Version)

This dynamic exercise adds an element of coordination and continuous motion to a cardiovascular workout.

- Sit facing the jumpboard, feet hip-width apart.
- Perform a continuous jumping motion, alternating which leg initiates the press.

- As one leg presses the jumpboard away, the other leg bends and prepares to press.
- Maintain a smooth, flowing rhythm, ensuring continuous movement of the carriage.
- Focus on keeping the core engaged and the upper body stable throughout.
- Perform for a set duration, maintaining an elevated heart rate.

This variation keeps the body challenged and improves coordination while providing an excellent cardio stimulus.

Jumpboard Interval Training

Interval training on the jumpboard involves alternating between periods of high-intensity effort and active recovery.

- Choose a spring tension that allows for challenging work.
- Perform a high-intensity jumpboard exercise (e.g., rapid Classic Jumps or Alternating Leg Jumps) for a short, intense burst (e.g., 30-60 seconds).
- Follow this with a period of lighter work or a brief rest (e.g., 30-60 seconds), perhaps focusing on slow, controlled returns or a brief plank on the carriage.
- Repeat this high-intensity interval followed by recovery for a set number of rounds.

Interval training is highly effective for improving both cardiovascular fitness and metabolic rate.

Advanced Jumpboard Exercises for Enhanced Performance

For those who have mastered the foundational jumpboard exercises, a range of advanced movements can further challenge strength, power, and control. These exercises often incorporate greater range of motion, more complex coordination, or utilize specific body positions to amplify the benefits and prepare the body for higher levels of athletic performance. They demand a strong core, excellent proprioception, and precise execution.

Single Leg Jumps with Knee Drive

This powerful exercise builds explosive power in the legs and challenges core stability.

- Sit facing the jumpboard with one foot placed firmly on the board and the other leg extended behind you, or held in a bent position.
- Engage your core strongly to stabilize your torso.
- Push off the jumpboard with your supporting leg, extending it fully.
- Simultaneously, drive the knee of your extended leg towards your chest with control.
- Return the extended leg to the starting position and control the carriage back.
- Perform on both sides.

This exercise directly translates to improved jumping ability and lower body power.

Pike Jumps on Jumpboard

This advanced exercise requires significant core strength, hamstring flexibility, and control.

- Lie on your back on the carriage with your feet on the jumpboard, legs extended.
- Engage your core and press the jumpboard away.
- As you extend your legs, lift your hips towards the ceiling, bringing your legs into a pike position, keeping them as straight as possible.
- Hold briefly at the peak of the pike, focusing on maintaining core tension.
- Slowly and with control, lower your hips and carriage back to the starting position.

This exercise intensely works the abdominals, hamstrings, and shoulders.

Jumpboard with Rotational Control

These exercises challenge the obliques and rotational stability of the core.

- Perform a standard jumpboard press.
- As you press the carriage away, initiate a controlled rotation of your torso, perhaps by reaching one arm towards the opposite knee or twisting the upper body slightly.
- Maintain a stable pelvis and lower body throughout the rotation.
- Return to center as you control the carriage back.
- This can be performed with variations such as twisting from a side-lying position or seated position.

These movements are crucial for sports requiring rotational power and agility.

Considerations for Beginners and Those with Limitations

When introducing pilates reformer jumpboard exercises, it is crucial to approach them with caution and proper guidance, especially for beginners or individuals managing physical limitations. The dynamic nature of the jumpboard requires a solid foundation of core strength and body awareness. Starting with modifications and gradually progressing is key to ensuring a safe, effective, and enjoyable experience, maximizing the benefits while minimizing the risk of injury.

Start with Lighter Springs

For individuals new to the jumpboard or those with any physical challenges, it is highly recommended to begin with the lightest spring settings (typically yellow). This allows for greater control over the movement and reduces the resistance, making it easier to focus on proper form and muscle engagement. As strength and coordination improve, gradually increase the spring tension.

Focus on Controlled Movements

The emphasis for beginners should be on the quality of movement rather than the quantity or speed. Each press and return should be deliberate and controlled. Avoid bouncing or jerky motions. Concentrate on maintaining core stability, proper alignment of the spine and limbs, and smooth transitions between phases of the exercise. This mindful approach builds a strong foundation for more advanced work.

Modify Exercises as Needed

Many jumpboard exercises can be modified to accommodate different needs. For instance, if full extension of the legs is challenging, limit the range of motion. If balance is an issue, a trainer can provide support. For individuals with knee or hip concerns, careful attention to tracking and avoiding hyperextension is paramount. Consulting with a qualified Pilates instructor is essential to receive personalized modifications.

Listen to Your Body

This is perhaps the most critical piece of advice. Pay close attention to any sensations in your body. If you experience pain, stop the exercise immediately. Discomfort can be a sign that your form is compromised or that the exercise is too advanced for your current level. Differentiate between muscle fatigue and joint pain, and always prioritize safety.

Progress Gradually

Do not rush the progression. Allow your body ample time to adapt to the demands of the jumpboard. Consistently practicing the fundamental exercises with correct form will build the necessary strength and control to safely introduce more challenging variations and increase the spring resistance over time. Patience and consistency are your greatest allies in mastering jumpboard exercises.

Integrating Jumpboard Exercises into Your Pilates Routine

The Pilates Reformer Jumpboard can be a powerful addition to any Pilates routine, offering a unique blend of strength, cardiovascular conditioning,

and dynamic movement. Integrating these exercises thoughtfully can enhance your overall fitness, provide variety, and help you break through plateaus. The key is to balance jumpboard work with other Pilates principles and apparatus to ensure a well-rounded approach to your training.

Warm-up and Cool-down Strategies

Jumpboard exercises are often best incorporated after a thorough warm-up on the Reformer. This might include basic carriage glides, spine stretches, or gentle leg work to prepare the muscles and joints. Following your jumpboard session, a cool-down period is beneficial. This could involve gentle stretching, foam rolling, or restorative exercises to aid muscle recovery and promote relaxation. Ensure you don't overdo the jumpboard at the start of a session; let your body prepare.

Balancing Jumpboard with Traditional Reformer Work

While jumpboard exercises are excellent, they should not entirely replace traditional Reformer exercises. A balanced routine incorporates the full spectrum of Pilates movements, including those that focus on spinal articulation, flexibility, and deep core activation without the plyometric element. Consider using the jumpboard for a portion of your Reformer session, perhaps dedicating a specific day or segment of your workout to its unique benefits. For example, you might focus on core and leg strength with the jumpboard and then move to exercises that promote spinal mobility.

Frequency of Jumpboard Use

The ideal frequency for jumpboard exercises depends on your fitness level, goals, and overall training schedule. For general fitness, incorporating jumpboard sessions 1-3 times per week is often sufficient. Athletes or those with specific cardiovascular or power goals might benefit from more frequent sessions, but always with adequate recovery time. Beginners should start with less frequent exposure, perhaps once a week, to allow their bodies to adapt. Overtraining can lead to fatigue and injury.

Tailoring to Specific Goals

Whether your aim is to improve athletic performance, enhance cardiovascular health, build lower body strength, or simply add an element of fun to your workouts, jumpboard exercises can be tailored to meet these objectives. For cardiovascular goals, focus on longer durations and interval training. For

strength, select exercises that challenge your muscles with heavier springs and controlled repetitions. For power, incorporate more explosive movements and single-leg variations.

Progression and Variation

Continuously challenging your body is essential for continued progress. As you become stronger and more proficient, gradually increase the spring resistance, the duration of exercises, or the number of repetitions. Introduce new jumpboard variations to keep your workouts engaging and to target muscles in different ways. Variety not only prevents boredom but also ensures a more comprehensive and balanced physical development. Always listen to your body and progress thoughtfully.

Q: What are the primary benefits of using the Pilates Reformer Jumpboard?

A: The primary benefits include enhanced cardiovascular health, increased leg strength and power, improved core stability, and a low-impact alternative to traditional jumping exercises. It also contributes to better proprioception and body awareness.

Q: Is the Pilates Reformer Jumpboard suitable for beginners?

A: Yes, the jumpboard can be suitable for beginners, but it's essential to start with lighter spring tensions and focus on mastering fundamental techniques with proper form. A qualified instructor is highly recommended to guide beginners safely.

Q: How does the jumpboard contribute to cardiovascular fitness?

A: The rhythmic and repetitive nature of jumpboard exercises elevates the heart rate, providing an effective aerobic workout. Performing sequences like the Cardio Jump or Alternating Leg Jumps for extended periods can significantly improve cardiovascular endurance.

Q: Can the jumpboard help with weight loss?

A: Yes, the jumpboard can contribute to weight loss by increasing calorie expenditure through its cardiovascular benefits and by building lean muscle mass, which boosts metabolism. Combining jumpboard workouts with a balanced diet is key for effective weight management.

Q: What are some common mistakes to avoid when using the jumpboard?

A: Common mistakes include poor foot and leg alignment, lack of core engagement, uncontrolled return of the carriage, holding the breath, and pushing too hard too soon. Focusing on controlled movements and proper form is crucial.

Q: How can I modify jumpboard exercises if I have knee pain?

A: Modifications for knee pain include using lighter springs, limiting the range of motion, ensuring proper knee tracking over the toes, and avoiding hyperextension. It's advisable to consult with a physical therapist or Pilates instructor for personalized modifications.

Q: Can jumpboard exercises help improve athletic performance?

A: Absolutely. The jumpboard is excellent for developing explosive leg power, core strength, and endurance, all of which are vital for many sports. Advanced exercises like single leg jumps with knee drive directly translate to improved athletic capabilities.

Q: How often should I incorporate jumpboard exercises into my routine?

A: For general fitness, 1-3 times per week is often recommended. Athletes or those with specific goals may do them more frequently, but adequate recovery is essential. Beginners should start with less frequency and gradually increase as their body adapts.

Q: What is the difference between using the jumpboard and traditional jumping exercises?

A: The jumpboard offers a low-impact alternative. While traditional jumping can be high-impact, the Reformer's carriage and spring system absorb much of the shock, reducing stress on the joints, making it more accessible and safer for many individuals.

Q: Can the jumpboard be used for upper body or core-specific training?

A: While primarily known for lower body and cardiovascular benefits, the

jumpboard indirectly strengthens the core by requiring significant stabilization during all movements. Certain advanced exercises can also involve upper body engagement, particularly in maintaining torso stability and control.

Pilates Reformer Jumpboard Exercises

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pilates reformer jumpboard exercises: Pilates: Movement for the Mind and Body
Pasquale De Marco, 2025-08-09 Pilates is a low-impact, full-body exercise method that emphasizes core strength, flexibility, and balance. It was developed by Joseph Pilates in the early 20th century, and it has since become one of the most popular exercise methods in the world. Pilates is unique in that it focuses on both the body and the mind. The exercises are designed to improve posture, strengthen the core, and increase flexibility. They also help to reduce stress, improve sleep, and increase energy levels. Pilates is a great exercise for people of all ages and fitness levels. It is especially beneficial for people with back pain, neck pain, and other musculoskeletal conditions. Pilates can also help to improve athletic performance and reduce the risk of injury. This book is a comprehensive guide to Pilates. It includes everything you need to know to get started, including: * The six principles of Pilates * The importance of breath * The power of concentration * Control and precision * Centering and alignment The book also includes step-by-step instructions for over 100 Pilates exercises, as well as sample workouts for beginners, intermediate, and advanced practitioners. Whether you are new to Pilates or you are looking to take your practice to the next level, this book has something for you. With regular practice, you will begin to see improvements in your posture, strength, flexibility, and overall well-being. Pilates is a safe and effective way to improve your physical and mental health. If you are looking for a low-impact, full-body exercise method that can help you to achieve your fitness goals, then Pilates is a great option for you.

****Benefits of Pilates**** * Improves posture * Strengthens the core * Increases flexibility * Reduces stress * Improves sleep * Increases energy levels * Helps to prevent back pain and other musculoskeletal conditions * Improves athletic performance * Reduces the risk of injury

****Who can benefit from Pilates?**** Pilates is a great exercise for people of all ages and fitness levels. It is especially beneficial for people with: * Back pain * Neck pain * Other musculoskeletal conditions * Athletes * People who are looking to improve their posture * People who are looking to increase their flexibility * People who are looking to reduce stress * People who are looking to improve their sleep * People who are looking to increase their energy levels

****What are the different types of Pilates?**** There are many different types of Pilates, including: * Mat Pilates * Reformer Pilates * Cadillac Pilates * Chair Pilates * Bar Pilates * Tower Pilates Each type of Pilates has its own unique benefits. Mat Pilates is a great way to get started with Pilates. Reformer Pilates is a more challenging type of Pilates that uses a special machine called a reformer. Cadillac Pilates is a type of Pilates that uses a special machine called a Cadillac. Chair Pilates is a type of Pilates that uses a special chair called a Wunda Chair. Bar Pilates is a type of Pilates that uses a special bar called a Pilates bar. Tower Pilates is a type of Pilates that uses a special machine called a Pilates tower.

****How often should I do Pilates?**** The frequency of your Pilates workouts will depend on your individual needs and goals. However, most experts recommend doing Pilates at least twice a week. If you are new to Pilates, you may want to start with one or two Pilates workouts per week and gradually increase the frequency of your workouts as you get stronger. If you like this book, write a review!

pilates reformer jumpboard exercises: Fascia in Sport and Movement, Second edition Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

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pilates reformer jumpboard exercises: Pilates Rael Isacowitz, 2022-04-20 A comprehensive guide to Pilates for all experience levels. The most acclaimed, comprehensive guide for Pilates is back with all-new photos and more variations, modifications, and progressions than ever before. In Pilates, Third Edition, world-renowned Pilates expert Rael Isacowitz draws on over four decades of experience to offer you a path to total health and well-being through the Pilates method. Whether you are a beginner, a teacher using Pilates in a therapeutic setting, or a veteran instructor working with athletes, this resource will help you tap into the potential of the mind-body connection to gain the elusive edge in training. Pilates starts with the foundation for all the exercises by presenting an in-depth treatment of mat work, including photos, imagery, and detailed instruction on breathing to help you perform the movements correctly. After the mat work, Pilates goes on to apply the same depth of instruction and photos to the full range of Pilates apparatus: Reformer Cadillac Wunda chair Ladder barrel, also known as the high barrel Step barrel, also known as the spine corrector Ped-a-pul Arm chair (F2 chair) Magic circle There are more than 200 exercises, categorized by body region. The exercises include difficulty ratings, recommended resistance ranges, and explanations of not only how to perform the movements but also how practitioners will benefit from them. New variations, modifications, and progressions for many of those exercises offer additional options for tailoring the exercises based on ability, skill, or preference. The book includes a purposeful grouping of exercises into programs that work all regions of the body and progress from the fundamental level through the intermediate and advanced levels to challenge you at all stages of Pilates practice. Pilates is a holistic approach to well-being that offers a bridge between mind and body, between everyday life and optimal performance, and between rehabilitation and healthy movement. When used to its full potential, it can enhance every aspect of life. So whether you are young or old, are

able-bodied or live with restricted mobility, Pilates can improve your balance, concentration, coordination, posture, muscle tone, core strength, flexibility, and overall well-being.

pilates reformer jumpboard exercises: *Fascia in Motion* Elizabeth Larkam, 2017-10-01 This beautifully illustrated volume provides a comprehensive guide to fascia-focused movement in original and contemporary Pilates mat, reformer, and studio applications. Each of the book's 14 chapters illustrates how each principle of fascia-focused movement is expressed in Pilates exercise. In addition to a comprehensive exercise compendium, *Fascia in Motion* includes chapters on specialized applications of fascia-focused movement in Pilates including: Pilates fascia-focused movement for aging well Pilates fascia-focused movement for computer posture Pilates fascia-focused movement for osteoporosis Pilates fascia-focused movement for hip and knee replacement The text is supplemented with links to video of Elizabeth Larkam demonstrating each of the exercises personally. A truly stunning achievement and the synthesis of a lifetime's dedication to the art and science of Pilates.

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Sexier You Jasmine Evans, 2012-07-30 ABOUT THE BOOK Pilates is a kind of exercise that works both the mind and the body. It improves strength without necessarily building bulk. It also targets the core (midsection) and other muscles that often get neglected by other activities. My introduction to Pilates happened at an early age. For most of my life, I was considered tall for my age with long legs and big feet. My parents thought it would be a good idea to enroll their lanky toddler in ballet classes. I continued those classes (and other dance classes) for over 14 years. In high school, I was a lean 5'8" ballet dancer and basketball player. I still had big feet, but they were complemented by long legs, long arms, and a long neck. What did I have to complain about? My midsection. I was relatively slim, but I had a pudgy middle. In high school, where appearances are everything, I wanted to do something about it. Fortunately, around this time, my dance instructor introduced the class to the Pilates method. She said that Pilates is based off of the ballet moves many of us had been doing for most of our lives. She promised that the method would flatten our midsections and make us feel taller. My dance instructor made good on her promise. After just 15-20 minutes of Pilates before we started dancing, I felt taller. Over time, I felt slimmer. I was hooked. I've been doing Pilates ever since, and I love it. I've taken classes and I've done several Pilates DVDs. Of all the activities I participate in (everything from running to basketball to kickboxing to Zumba), Pilates is one that I always come back to because it is really so effective and important. EXCERPT FROM THE BOOK Pull the part of your stomach area that is below your belly button upwards and inwards--as if you are pulling it away from your belt line. Keep your rib cage relaxed and breathe normally. You should be able to feel the muscle contracting in your lower abdomen. Another essential skill is being able to activate your pelvic floor. Your pelvic floor muscles are at the base of your abdomen. They control your bladder and bowel functions. They also stabilize not only the pelvis but also the lower back. If you have lower back pain, are pregnant, or experience incontinence, learning how to control these pelvic floor muscles can really help. How do you activate your pelvic floor? Start in neutral spine position. Contract the muscles you would use to urinate. Breathe as you normally would. Once you can handle activating your TA and your pelvic muscles separately, try activating them together. Ready for some advanced Pilates moves? Great! Here are six of the most common moves for experienced Pilates pupils. Because sometimes it's easier to see the moves being done rather than reading about them, many of the links in this section are to videos. Advanced Pilates Exercises The Crab--The Crab requires complete control from your core, so it will give you a great ab workout. It builds on exercises like the "Roll Up" but is slightly more advanced. Start by sitting up straight. Bend your knees almost Indian style and cross your feet at the ankles. Bring your knees up to your shoulders and grab your feet with your hands. Drop your head and allow your spine to curve as you prepare to roll. Breathe in and roll back. Control the movement. Try not to let your limbs flail around. Once you roll to your shoulders, let go of your feet and switch your feet around. Grab your feet again as you prepare to roll up. Breathe out and roll forward. Inhale as your head touches the mat. Roll back to repeat the move. Double Leg Kick--This move works the back extensors and the hamstrings primarily, but it can be a total-body exercise as well. Start by lying face down with your head turned to one side and your feet together.

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medios para devolver al cuerpo el equilibrio perdido. Ex bailarina y coreógrafa, dirige multitud de estudios de Pilates, además de estar titulada como acupuntora y fitoterapeuta. Para más información, visite www.ellie.net.

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