

pilates jumpboard workout

pilates jumpboard workout offers a dynamic and exhilarating approach to traditional Pilates, blending the core-strengthening principles with cardiovascular benefits and increased intensity. This unique workout, performed on a specialized Pilates apparatus, targets a wide range of muscle groups, enhances stamina, and can be a powerful tool for weight management and athletic conditioning. Whether you're a seasoned Pilates enthusiast or new to the practice, understanding the intricacies of a pilates jumpboard workout can unlock new levels of fitness and physical prowess. This comprehensive guide will delve into the benefits, the exercises, how to perform them safely and effectively, and who can benefit most from this innovative training method.

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What is a Pilates Jumpboard Workout?

A pilates jumpboard workout is a cardiovascular and strength training session performed on a Pilates reformer equipped with a jumpboard. The jumpboard is a padded, rectangular board that attaches to the footbar of the reformer, allowing for a range of jumping and pressing movements. Unlike mat Pilates or classic reformer exercises, the jumpboard introduces a plyometric element, engaging the body in a more explosive and high-impact manner, albeit with the controlled resistance and support of the reformer's spring system.

The core of a jumpboard workout involves pushing off the jumpboard with the feet, utilizing the resistance of the springs to engage muscles and challenge the cardiovascular system. The movements can range from simple forward and backward pushes to more complex sequences that target specific muscle groups and improve coordination. The controlled nature of the reformer ensures that even with the increased intensity, the spine remains supported, and the joints are protected, making it a unique blend of power and precision.

Key Benefits of the Pilates Jumpboard Workout

The advantages of incorporating a pilates jumpboard workout into your fitness regimen are multifaceted, extending beyond mere calorie burning. This form of exercise is highly effective for building lean muscle mass, improving bone density through controlled impact, and significantly enhancing cardiovascular health. The consistent engagement of core muscles during jumpboard movements also leads to a stronger and more stable torso, which translates to better posture and reduced risk of back pain.

One of the most significant benefits is the dual action of strength and cardio. You're not just getting a heart-pumping session; you're also actively strengthening muscles in the legs, glutes, and core. The jumpboard can also be a fantastic tool for rehabilitation, allowing individuals to regain strength and mobility in a controlled environment. Furthermore, the repetitive yet precise movements can improve balance and proprioception, leading to better body awareness and coordination.

Cardiovascular Enhancement

The inherent nature of the jumpboard workout, with its repetitive pushing and returning motions, elevates the heart rate, providing a robust cardiovascular challenge. This sustained elevated heart rate is crucial for improving heart health, increasing lung capacity, and enhancing overall endurance. Unlike some high-impact activities that can be jarring, the reformer's system offers a degree of shock absorption, making the cardiovascular benefits more accessible and safer for a wider range of individuals.

Muscle Strengthening and Toning

The resistance provided by the reformer springs, combined with the propulsive force of the jumpboard movements, creates an effective environment for muscle strengthening and toning. Exercises target the quadriceps, hamstrings, glutes, calves, and the intrinsic muscles of the feet. The core is constantly engaged to stabilize the body during each push and return, leading to increased abdominal and back strength.

Improved Bone Density

Weight-bearing exercises are essential for maintaining and improving bone density, which is critical for preventing osteoporosis. The controlled impact of the jumpboard workout, where the body absorbs the force of pushing off and returning to the starting position, stimulates bone cells to grow and strengthen. This makes the jumpboard a valuable addition for those looking to proactively address bone health.

Enhanced Athletic Performance

For athletes of all levels, a pilates jumpboard workout can be a game-changer. The development of explosive power in the lower body, coupled with a strong and stable core, is fundamental for improving performance in virtually any sport. The jumpboard helps to build power for jumping, sprinting, and quick changes in direction, while also improving the endurance needed to sustain peak performance throughout an event or training session.

Essential Pilates Jumpboard Exercises

The versatility of the pilates jumpboard allows for a diverse range of exercises, catering to different fitness levels and objectives. These movements are designed to maximize muscle engagement, promote cardiovascular health, and refine coordination. Understanding the proper form for each exercise is paramount to reaping the full benefits and avoiding injury.

Basic Jump

The foundational exercise, the basic jump, involves lying on your back on the reformer carriage with your feet flat on the jumpboard. The springs are set to an appropriate resistance. You then push away from the jumpboard with your legs, extending them fully, and then control the return movement. This exercise engages the entire lower body and core.

Single Leg Push

This variation targets each leg independently, promoting balanced strength development and challenging unilateral stability. You place one foot on the jumpboard and the other foot on the shoulder rest or an elevated surface to maintain balance. The exercise involves pushing the foot on the jumpboard away and controlling its return, focusing on glute and hamstring activation.

Hamstring Curl on Jumpboard

This exercise focuses on the posterior chain. Lying on your back, you'll bring your heels to the jumpboard, then curl them back towards your glutes by bending your knees. The springs provide resistance as you extend your legs again. This is excellent for strengthening the hamstrings and glutes.

Knee Lifts

Starting in the basic jump position, instead of a full leg extension, you perform a controlled knee lift, bringing your knees towards your chest while maintaining a stable core. This exercise emphasizes core strength and control, along with hamstring and glute engagement.

Plank Variations on Jumpboard

More advanced practitioners can perform plank variations with their feet on the jumpboard. This significantly increases the challenge to the core and shoulders as the unstable surface requires constant micro-adjustments for stability. Exercises might include pushing the jumpboard away and returning, or holding a plank with feet on the board.

Performing the Pilates Jumpboard Workout Safely

Safety is paramount in any exercise, and the pilates jumpboard workout is no exception. While the reformer offers support, proper technique, controlled movements, and appropriate spring resistance are crucial to prevent injuries and maximize effectiveness. Understanding your body's limits and listening to its signals is key to a beneficial and injury-free experience.

Proper Spring Selection

The reformer's springs are the primary source of resistance. For beginners, lighter springs are recommended to focus on form and control. As strength and proficiency increase, heavier springs can be introduced to enhance the challenge. An instructor can help determine the appropriate spring settings for each exercise and individual.

Controlled Movements

While the jumpboard introduces a dynamic element, all movements should be controlled. Avoid jerky or ballistic actions. The eccentric phase (the return of the movement) is just as important as the concentric phase (the push). Focus on smooth transitions and maintaining core engagement throughout the entire range of motion.

Core Engagement

A hallmark of Pilates, core engagement is vital during a jumpboard workout. A strong, stable core protects

the spine and ensures that the power generated comes from the correct muscle groups. Imagine drawing your navel towards your spine and maintaining a neutral pelvis throughout all exercises.

Listen to Your Body

Pay close attention to any discomfort or pain. A slight muscle fatigue is expected, but sharp or persistent pain is a signal to stop. Modify exercises or take a break if needed. It is always advisable to consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing conditions.

Who Can Benefit from a Pilates Jumpboard Workout?

The pilates jumpboard workout is surprisingly adaptable and can benefit a wide spectrum of individuals, from fitness enthusiasts looking for a new challenge to those undergoing rehabilitation. Its low-impact nature, when performed correctly on the reformer, makes it suitable for individuals who need to be mindful of joint stress.

Fitness Enthusiasts Seeking Intensity

For those who find traditional Pilates too gentle or are looking to add a cardiovascular component to their strength training, the jumpboard offers an excellent solution. It provides a full-body workout that is both challenging and engaging, helping to break through plateaus and build a more powerful physique.

Athletes and Dancers

The jumpboard's ability to build explosive lower body power, enhance core stability, and improve muscular endurance makes it ideal for athletes and dancers. It can help improve jumping ability, agility, and overall performance while also contributing to injury prevention through balanced muscle development.

Individuals Focused on Weight Management

The combination of strength training and cardiovascular exertion inherent in a jumpboard workout can significantly contribute to calorie expenditure and metabolism boost, making it an effective tool for weight management when combined with a healthy diet.

Those Seeking Bone Health Improvement

As mentioned, the controlled impact can stimulate bone growth, making it a beneficial exercise for individuals concerned about bone density and seeking to prevent or manage conditions like osteoporosis.

People Undergoing Rehabilitation

Under the guidance of a qualified instructor or physical therapist, the reformer's support and the controlled resistance of the jumpboard can be used for safe and progressive strengthening and rehabilitation of certain injuries, particularly in the lower body and core.

Advanced Techniques and Variations

Once a solid foundation in basic jumpboard exercises is established, there are numerous advanced techniques and variations to explore. These modifications increase the challenge, demand greater control, and target muscles in new and innovative ways, further enhancing the benefits of the pilates jumpboard workout.

Standing Exercises

Moving beyond the supine position, standing exercises on the jumpboard can be introduced. These require significant balance and core stability, further challenging the body. Examples include various lunging or squatting movements with controlled pushes against the jumpboard.

Inverted Positions

More advanced practitioners may incorporate exercises performed in inverted positions, such as kneeling or even supported inversions. These require exceptional core strength and body awareness, pushing the limits of balance and control while still leveraging the reformer's support.

Proprioceptive Challenges

Introducing props or performing exercises with eyes closed can add a significant proprioceptive challenge. This forces the body to rely more heavily on internal sensory feedback for balance and control, further enhancing neuromuscular coordination and body awareness.

Adding Arm Work

While the focus is often on the lower body and core, advanced jumpboard workouts can also integrate upper body movements. This might involve holding light weights or using resistance bands attached to the reformer frame while performing leg exercises, demanding more overall stability and engaging stabilizing muscles in the arms and shoulders.

Integrating the Jumpboard into Your Fitness Routine

Incorporating a pilates jumpboard workout effectively into an existing fitness routine requires thoughtful planning to ensure it complements, rather than overloads, the body. The goal is to leverage its unique benefits without causing burnout or injury, allowing for consistent progress and long-term adherence.

Frequency of Sessions

For most individuals, incorporating a pilates jumpboard workout two to three times per week is optimal. This allows for adequate recovery between sessions while still providing sufficient stimulus for adaptation. Beginners might start with one session per week and gradually increase as their conditioning improves.

Balancing with Other Workouts

It's important to balance jumpboard sessions with other forms of exercise. If you're also engaging in high-intensity interval training or heavy strength lifting, ensure your jumpboard days are strategically placed to allow for recovery. Conversely, if you're primarily doing mat Pilates or yoga, the jumpboard can add a much-needed cardiovascular and power element.

Progressive Overload

Like any training program, progressive overload is key to continued improvement. This can be achieved by gradually increasing the resistance of the springs, increasing the number of repetitions or sets, decreasing rest periods, or introducing more complex exercises and variations. Consistent self-assessment and expert guidance are crucial for effective progression.

Listening to Your Body and Recovery

Adequate recovery is as important as the workout itself. Ensure you are getting enough sleep, staying hydrated, and consuming a balanced diet to support muscle repair and growth. Pay attention to signs of

overtraining, such as persistent fatigue, decreased performance, or mood changes, and adjust your routine accordingly.

FAQ

Q: How many calories can I burn in a pilates jumpboard workout?

A: The number of calories burned during a pilates jumpboard workout can vary significantly based on factors such as the intensity of the workout, the duration, the spring resistance used, and your individual metabolism, body weight, and fitness level. Generally, a moderate to high-intensity 45-minute session can range from 300 to 600 calories, making it an effective tool for calorie expenditure.

Q: Is a pilates jumpboard workout suitable for beginners?

A: Yes, a pilates jumpboard workout can be suitable for beginners, provided it is introduced gradually and under the guidance of a qualified instructor. Instructors can help select appropriate spring resistances, teach proper form and technique, and modify exercises to suit a beginner's current fitness level, ensuring safety and effectiveness.

Q: What is the difference between a pilates jumpboard workout and regular cardio?

A: While both aim to improve cardiovascular health, a pilates jumpboard workout offers a unique blend of cardio and strength training. Unlike traditional cardio like running or cycling, the jumpboard workout uses the resistance of the reformer springs to simultaneously build muscle strength and tone in the legs, glutes, and core, while also elevating the heart rate. It also provides a more controlled, low-impact environment for the joints.

Q: How often should I do a pilates jumpboard workout?

A: For optimal results and to allow for adequate recovery, it is generally recommended to incorporate a pilates jumpboard workout two to three times per week. Beginners might start with one session per week and gradually increase the frequency as their body adapts. Listening to your body and allowing for rest days is crucial.

Q: Can a pilates jumpboard workout help with weight loss?

A: Yes, a pilates jumpboard workout can be an effective component of a weight loss program. The combination of cardiovascular exertion, which burns calories during the session, and strength training,

which builds lean muscle mass, helps to boost metabolism and increase calorie expenditure even at rest. When combined with a balanced diet, it can significantly contribute to weight management goals.

Q: What are the primary muscle groups targeted in a pilates jumpboard workout?

A: The primary muscle groups targeted in a pilates jumpboard workout include the quadriceps, hamstrings, glutes, calves, and the intrinsic muscles of the feet. Crucially, the core muscles (abdominals, obliques, and lower back) are constantly engaged for stabilization and control throughout all movements, leading to significant core strengthening.

Q: Are there any risks associated with a pilates jumpboard workout?

A: While generally safe when performed correctly, potential risks can arise from improper form, excessive resistance, or pushing the body beyond its current capabilities. These can include muscle strains, joint irritation, or back discomfort. Working with a certified instructor is vital to mitigate these risks by ensuring proper technique, appropriate spring selection, and mindful movement.

Q: Can I do a pilates jumpboard workout at home?

A: Yes, it is possible to do a pilates jumpboard workout at home if you have access to a Pilates reformer with a jumpboard attachment. However, it is highly recommended that beginners receive initial instruction from a qualified Pilates instructor to learn proper form and safety guidelines before attempting to practice independently at home.

Pilates Jumpboard Workout

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pilates jumpboard workout: 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 jumpboard workout: *The Bathroom Key* Kathryn Kassai, Kim Perelli, 2011-12-20
Print+CourseSmart

pilates jumpboard workout: 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.

pilates jumpboard workout: 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.

pilates jumpboard workout: Bad Sisters Rebecca Chance, 2011-08-04 Three ambitious, rivalrous sisters. And a deadly secret, which one of them is determined to keep buried at any cost . . . Deeley is the fake wife of a Hollywood TV hunk, who is secretly gay. But Deeley's five-year contract is up, and his cut-throat publicist wants Deeley out. So, dejected and penniless, Deeley wends her way home to London, hoping to re-establish links with her two estranged elder sisters . . . Devon is married to the nation's-favourite-rugby-hunk Matt, and has her own highly successful TV career, as the sexy hostess of her own cookery show. But behind her buxom façade, Devon is lonely and frustrated, and when a live celebrity cook-off shows her up as a fraud, she leaves sweet Matt and runs off to Tuscany, to learn a few lessons - not just in cookery - from an Italian master. Lastly, there's Maxie: a politician's wife, Maxie is fiercely ambitious. She's furious when Deeley, hard on her luck, sells the sisters' childhood story to a tabloid newspaper, revealing their impoverished roots and unsavoury parentage. The story undermines Maxie's carefully cultivated image, and the fallout threatens to be devastating. But Maxie is only too aware that there is much more Deeley could yet reveal. What murderous secret lies in the sisters' past? And just how far will Maxie go to keep it buried?

pilates jumpboard workout: 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 jumpboard workout: Successful Pilates and Yoga Programs IDEA Health & Fitness, 2004

pilates jumpboard workout: TIME The Science of Exercise The Editors of TIME, 2017-04-28 Few fields have changed as rapidly as the science of exercise. New research suggests that exercise can increase your life expectancy and stave off cognitive decline more than anything else you do. The best part? You may not need to do as much of it as experts once thought. In this TIME special edition, readers will learn: exactly why exercise is the best anti-ager, and how it changes nearly every part of the body effective ways to squeeze tiny amounts of exercise into your day strategies for lasting

weight loss through exercise in conjunction with the right diet the best exercises for every goal, whether it's stress reduction, better skin, a stronger stomach or a healthier heart

pilates jumpboard workout: Making the American Body Jonathan Black, 2020-04-01 If you thought the fitness craze was about being healthy, think again. Although Charles Atlas, Jack LaLanne, Jim Fixx, Jane Fonda, Richard Simmons, and Jillian Michaels might well point the way to a better body, they have done so only if their brands brought in profits. In the first book to tell the full story of the American obsession with fitness and how we got to where we are today, Jonathan Black gives us a backstage look at an industry and the people that have left an indelible mark on the American body and the consciousness it houses. Spanning the nation's fitness obsession from Atlas to Arnold, from Spinning to Zumba, and featuring an outrageous cast of characters bent on whipping us into shape while simultaneously shaping the way we view our bodies, Black tells the story of an outsized but little-examined aspect of our culture. With insights drawn from more than fifty interviews and attention to key developments in bodybuilding, aerobics, equipment, health clubs, running, sports medicine, group exercise, Pilates, and yoga, *Making the American Body* reveals how a focus on fitness has shaped not only our physiques but also, and more profoundly, American ideas of what fitness is.

pilates jumpboard workout: The Pilates Reformer Reiner Grootenhuis, 2020-11-28 A unique and detailed description of more than 100 original Joseph Pilates Reformer Exercises including many large photos. Have you ever wondered why the Reformer is one of the most popular, if not THE most popular Pilates apparatus? Wished you had a well-structured overview of almost all exercises? Wanted to add more variations to your Reformer repertoire? Then this two-piece book is exactly for you! While both parts are designed as training manuals for Pilates instructors and fans, *The Pilates Reformer - Part 1* focuses on Joseph Pilates' nearly 100 traditional Reformer exercises. *The Reformer - Part 2* then adds the modern exercise supplements as well as the exercises with the jumpboard. (Part 2 is so far available in German. An updated English version will be available in the second half of 2021) Here is what you will find in Part 1 in more detail: Following an introduction to the history of the Reformer, the various components of the Reformer are described, alongside a number of important issues to keep in mind when using a Reformer. Furthermore, the manual provides a recommended exercise sequence for each of the four different levels: Basic, Intermediate, Advanced and Super Advanced. In the main section of the book, large-format, color images are used to illustrate each of the 100+ exercises. For each exercise, the exact setup, the related goals, and a step-by-step description of its execution are presented. In addition, common mistakes, possible modifications or variations, and contraindications and risks are outlined. As a special feature, the original names used by Joseph Pilates are mentioned alongside the frequently-used names for the first time in Pilates literature. These Reformer exercises represent Joseph Pilates' legacy for a full-body workout.

pilates jumpboard workout: The Pilates Body Kit Brooke Siler, 2003-04-05 Pilates is the fastest-growing trend in fitness today, with millions enjoying its muscle strengthening and body toning benefits. In this follow-up to her New York Times bestseller *The Pilates Body*, Brooke Siler provides a safe, effective, and personalized Pilates course for home or travel that allows readers to progress at their own pace, with a master teacher leading the way. This unique, interactive kit contains: - Two 70-minute-plus audio CDs containing eight complete classes - 70 full-color instructional cards with photographs of each pose and breathing and techniques tips - A 64-page workbook with a 20-page journal and a record-keeping section to track progress. Brooke Siler was hailed by *Vogue* as one of America's most sought after Pilates trainers. Author of the New York Times bestseller *The Pilates Body*, she is owner of the acclaimed re:AB® studio in New York City, where her clients have included Madonna, Liv Tyler, Amber Valletta, and many others. She studies under the tutelage of Romana Kryzanowska, Joseph Pilates' protégé for more than 30 years, and now sits on the board of the Pilates Guild®.

pilates jumpboard workout: No-Risk Pilates Blandine Calais-Germain, Bertrand Raison, 2012-05-11 An illustrated, anatomical guide to improve the benefits of your Pilates workout while

also preventing injury • Examines the correct movements, specific risks, and common mistakes associated with 8 fundamental Pilates exercises, including practices using Pilates exercise equipment • Offers guidelines to increase the effectiveness of your Pilates workout, maintain correct alignment, improve stability, and prevent injury to the pelvis, back, wrists, and ankles Developed in the early 20th century by accomplished boxer and gymnast Joseph Pilates, the Pilates Method aligns the body, builds long, lean muscles, and develops core abdominal strength. However, practiced improperly, Pilates exercises can lead to injuries such as pinched discs, hyperextension of the wrists, or low-back pain. No-Risk Pilates reveals how to minimize the risk of injury and maximize physical benefit for a strong, toned, and aligned physique. Using Blandine Calais-Germain's signature anatomical style, this illustrated guide examines the body's movements during 8 fundamental Pilates exercises, including practices using the Pilates Reformer, and explores the specific risks and common mistakes associated with each exercise. Detailing how injuries occur to the pelvis, back, wrists, and ankles during Pilates, the authors offer tips and guidelines to maintain correct alignment, improve stability, and prevent injury as well as increase the effectiveness of your Pilates workout.

pilates jumpboard workout: Pilates: Full-Body Workouts for a Stronger, 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.

pilates jumpboard workout: *Pajama Pilates* Maria Mankin, Maja Tomljanovic, 2021-08-03
Brimming with engaging exercise tips and colorful illustrations, this fun-to-read guide makes it easy to do pilates in your pajamas. Improve your strength, tone your body, and increase your flexibility with these 40 easy-to-follow exercises that you can do at home. Written by certified Pilates instructor Maria Mankin, the exercises include step-by-step instructions, notes on their physical benefits, and modification options. Readers will discover how to improve posture and core strength using a kitchen counter, stretch out their legs using the dining table, and tone their arms using the edge of the bathtub, plus so much more. Each exercise is paired with a colorful illustration of a pajama-clad person demonstrating the pose. Simple to follow and with no special equipment required (beyond pj's!), this accessible take on a popular exercise technique makes it easy to get fit without leaving the house. EXERCISE MADE EASY: Packed with achievable exercises, this interactive guide to at-home Pilates is perfect for people looking for easy, accessible ways to stretch and strengthen at home. No special equipment required! ALL-LEVELS AUDIENCE: With a range of practices and modification options, this book will appeal to a wide audience—from Pilates newbies looking for ways to get fit at home to experienced practitioners in need of exercise inspiration. The low-impact, high-reward practices can be done one at a time, or in a sequence for a more challenging routine. GREAT SELF-CARE GIFT: Brimming with healthy practices and colorful artwork, this package makes a great self-care gift for moms, workout enthusiasts, and Pilates lovers, and pairs perfectly with other self-care accessories or a set of pajamas. Perfect for: • Pilates enthusiasts • Mother's Day gift shoppers • Anyone looking for easy ways to stay fit • Anyone looking for at-home exercises • Anyone who works from home

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