

Interval Jump Board Class Plan



Exercise	Machine Set Up	Instruction	Teaching Points	Adaptations
Breathing focus	Jump board Springs-red & blue	Seated lifting out of hips. Focus on breathing and lengthening through the spine.	Focus on positioning and alignment	
Roll Down	Jump board Springs-red & blue	Seated with legs crossed, facing pulleys holding hands straps. Exhale to create lengthen C-Curve. Inhale to deepen and exhale to return	Create lengthen and space between vertebrae. Head follows line of spine Focus on lumbar flexion	Add bicep curl x3 Add narrow row x3 Add Diagonal Reach
Spinal extension release	Jump board Springs-red & blue	Place hands behind, inhale to lift into spinal extension, exhale to flex	Lift from the breastbone Allow eye line to lift with the movement.	
Jumping Interval 1				
Prep technique	Jump board Springs-red & blue/yellow	Feet in parallel, sit bones apart Exhale to press away, inhale to return.	Focus on connection with the heels to the board. Emphasise their landing when jumping Focus on alignment	Add foot raises
Parallel jumps	Jump board Springs-red & blue	Jump in parallel	Land lightly Heels connecting to board Flowing breath	Reduce to a single red if necessary.

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V position jumps	Jump board Springs-red & blue	Jump in V position	Land lightly Heels connecting to board Flowing breath Try to keep heels together and focus on inner thigh connection	Reduce to a single red if necessary.
Single leg jumps in parallel	Jump board Springs-red & blue	One knee above hip and jump single leg	Land lightly Heels connecting to board Flowing breath	Add kick ups with single leg
Alternate legs	Jump board Springs-red & blue	Alternate single leg jumps	Land lightly Heels connecting to board Flowing breath	
Leg press	Jump board Springs-red & blue	Inhale to push gently out, exhale to return to centre again		
Shoulder Bridge	Jump board Springs-red & blue/yellow	Place feet on top of the board Exhale to articulate into the bridge. Inhale to focus on pelvis position. Exhale to lower	Focus on articulate Maintain pressure in arms to connection with the back and to elevate cervical pressure Avoid sitting into the throat. Watch foot alignment	Add in push away x3
Hip rolls	Jump board Springs-red & blue	Holding onto shoulder rests, knees above hips. Inhale to allow knees to drop to one side and exhale to return to the centre	Make sure the pelvis stays slightly tucked to avoid moving into extension. Keep control	Add in extended leg

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Chest expansion	Jump board Long Box Springs-1 red	Seated facing pulleys holding hand straps. Exhale to take arms back Inhale to return	Lift out of hips Arms start by sides and do not come forwards Lengthen fingertips down and back Lead with little finger	Reduce spring tension Add in neck movements
Tricep extension	Jump board Long Box Springs-1 red	Seated in forward hinge position, take arms back. Inhale to bend at elbows, exhale to extend	Strong through torso Keep elbows still and facing back	Reduce spring tension
100	Jump board Long Box Springs-1 red	Lying supine in flexed position, holding straps. Knees together and above hips. Bicep curl x5 Add in leg variations after each 5 reps. Legs to ceiling, on 45 angle, open in V, knees back in	Focus on maintaining lengthened C-Curve. Keep crown of head reaching for ceiling Strong through the whole body Focus on flowing breath	Head down if needed
Teaser	Jump board Long Box Springs-1 red	From above position, exhale to lift into Teaser straightening legs Inhale to lower bending knees in	Focus on balance and control	Keep knees bent or legs straight
Jump Interval 2 (Aerial)				
V Position- kicks out	Jump board Springs-red & blue/yellow	Jumping in v position kicking legs out to side	Land lightly Heels connecting to board Flowing breath Focus on hip abduction	Change to single red spring

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Twists	Jump board Springs-red & blue/yellow	Beginning with feet together on left side, jump bring legs in arc and twist to land on the right.	Land lightly Heels connecting to board Flowing breath	Change to single red spring
Parallel & together	Jump board Springs-red & blue/yellow	Jump with legs strongly connected	Land lightly Heels connecting to board Flowing breath Focus on keeping big toe knuckles connected	Reduce spring tension Add in kick ups
Criss Cross	Jump board Springs-red & blue/yellow	Jump and criss-cross legs	Land lightly Heels connecting to board Flowing breath	Change to single red spring
	Jump board Long Box Springs-1 red	From above position, exhale to lift into Teaser straightening legs Inhale to lower bending knees in	Focus on balance and control	Keep knees bent or legs straight
Leg press	Jump board Springs-red & blue	Inhale to push gently out, exhale to return to centre again		
Circles	Jump board Springs-red & blue	Feet in straps circle legs out and around. Press through heels as lower, point through foot as circle round. Reverse	Focus on movement at hip joint Keep tailbone heavy	Reduce ROM if necessary

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Short spine	Jump board Springs-red & blue	Feet in straps, legs at 45 angle Take legs over, creating full spinal flexion. Once carriage is home extend legs to ceiling. Bring knees in towards shoulder rest. Keep feet still and flex through spine then press legs away.	Focus on full spinal flexion. Avoid letting straps carry the feet upwards Keep mild pressure in the arms to elevate cervical spine	Add more spring tension
Down stretch	Jump board Springs-red	Kneeling on carriage, feet against shoulder pads, hands on jump board Inhale to lift into extension. Exhale to press back	Due to height of board the exercise will have smaller ROM than normal. Focus on thoracic extension	Add more spring tension if spine feels compromised
Elephant	Jump board Springs-red & yellow	Standing with heels against shoulder pads. Press back into elephant. Inhale to press heels back, exhale to return	Start with pelvis over heels Bring chest as close to thighs as possible Head in line with spine Keep weight into heels	Change spring tension
Jump Interval 3				
Side jumps	Jump board Springs-red & blue/yellow Head rest up	Lying on side with bottom knee drawn in. Top foot in parallel Jump	Land lightly Heels connecting to board Flowing breath Watch foot alignment Keep hips facing front, do not roll back	Add in kicks front Add in lateral rotation.
Arrow	Jump board Springs-blue/yellow Long box	Lying prone, holding straps arms out stretched, knees bent at 90 with feet flexed Inhale to draw arms to sides Exhale to return	Keep spine still Keep arms moving on a parallel line	Add in extension Add in hip extension (press feet to ceiling)

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Standing Swan Dive		Standing, inhale to lift arms up, exhale to take out to sides and hip hinge to lengthened spine. Inhale to flex and release down. Exhale to return to standing	Focus on articulation	