

# BarreAmped<sup>®</sup>

## BOUNCE

### LEVEL 2 CERTIFICATION



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# INTRODUCTION

In Level 2, we will do more advanced exercises where body weight is pulled away from the handle bar (barre). As well, you will learn how to do barre exercises partly on or partly off the trampoline. It is imperative for these exercises with bigger movements and body weight being pushed or pulled from the handle of the JumpSport Fitness Trampoline that you pay very special attention to where the weight should be placed in your foundation (foot positioning). You will also need to be very sure that the trampoline mats are clean and not oily to avoid anyone slipping.

Before attempting to teach these exercises that require trust of the apparatus, obviously you must ensure the trampoline handles are attached properly and that they are secure, that clients who use these moves are more advanced and understand your cueing, and that they are doing what you tell them to do in terms of placement of the body and feet. For example, if you are pulling back in a Waterski Thigh Work position, your body weight is still pressing DOWN into the balls of the feet. As you lean your upper body back holding onto your “barre,” you do not allow the weight in your feet to press forward. The weight must still be pressing down into the mat. While this might not make sense to you now, it will make sense once you view the videos and do the moves yourself.

Also, with the moves that are off and on the trampoline, you have to consider how much space these moves will take up and plan accordingly. I go over this in the certification but always be aware and plan your class so you don't get in a session and realize you aren't prepared for people not to have room to do what you want them to. You can recover in these instances but it's better to think through everything before you begin teaching.

# THIGH WORK: OVERVIEW

In BarreAmped Bounce Level Two Thigh Work we will be working on and off the trampoline. Be sure to watch the complete video in the certification before getting started.

# THIGH WORK: ADVANCED LEG LIFT



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## SETUP ON PROFILE

- Inside hip touches barre, inside arm long, outside arm across (hold onto barre) Ears should be aligned over shoulders, shoulders over hips, and hips over heels
- Lift outside leg to high point

## SETUP FACING IN

- Parallel legs, lift heels, soft bend in knees
- Lift leg to high point

## ADVANCED SETUP

- Same as above
- Take leg over the barre and extend out (must have flexibility)

## MOVEMENT VARIATIONS

- Vertical range of motion in minute, small, and full ranges of motion
- Working leg changes its position from Parallel to Turnout, or vice versa

- Tiny flutters or bend and straighten

## WATERSKI LEG LIFT



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### SETUP

- Foot to center of mat
- Arms in line with shoulders
- Place leg over barre
- Lift standing heel
- Tuck hips under as you lean back (chest over abdominal wall)
- Extend leg

### MOVEMENT VARIATIONS

- Little ups
- Tiny flutters
- Bend and straighten

### TROUBLESHOOT

- Watch foot placement
- Watch for flexibility (keep them where they can maintain best form)
- Make sure standing leg does not lock out

# THIGH WORK: WATERSKI



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## SETUP:

- Face forward
- Start close to barre
- Heels together, toes 2-3 inches apart
- Lift heels and press balls of the feet down into the mat
- As you lift heels, start to lean back, tuck hips underneath you, straighten arms out

## MOVEMENT VARIATIONS:

- Diagonally move in small to big ranges of motion
- Tuck hips
- Small to big hip moves in one position or traveling diagonally up and down

## TROUBLESHOOT

- **Arching the back:** Remember, chest goes over abs with hips tucked under.
- **Heels come apart:** Watch to make sure the heels stayed glued together.
- **Dropping of hips :** You want to move on a diagonal and hips stay tucked.
- **V too wide:** You only want the V to be about 2-3 inches.
- **Pressing weight forward in the feet as you lean back:** Always press weight down in this exercise.

# THIGH WORK: SEATED CHAIR



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## SETUP

- Legs parallel hip distance
- Arms in front of shoulders
- Weight on whole foot but press down into the heels
- Sit back (like sitting into a chair)
- Maintain neutral spine
- Think Ears over shoulders over hips, knees over heels

## STANDING FOOT POSITIONS

- Heels down
- Releve'

## MOVEMENT VARIATIONS

- Vertical in small to big ranges of motion

## TROUBLESHOOT

- **Watch for tucking:** Make sure the client maintains a neutral spine.
- **Look for the angles:** Ears over shoulders over hips over heels, knee over heels or knee over ball of foot.



# THIGH WORK: WIDE SECOND

- **Misalignment with their legs/feet:** Lift out of exercise, fix foundation of feet, then correct leg turnout.
- **Keep shoulders away from ears:** Shoulders relaxed, no rounding of upper back.



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## SETUP

- Step off trampoline, place one leg on trampoline and turn thighs/leg out (Make sure knees track in line with feet on turn out)
- Knees over ankle, don't let knees pass over mid foot
- Weight in whole foot
- Slide down to low point
- Maintain neutral spine
- Stay lifted in chest (can have slight hinge until flexibility is gained)

## FOOT POSITIONS

- Both heels down
- Elevated heel up

## MOVEMENT VARIATIONS

- Vertical in small to big ranges of motion

## TROUBLESHOOT

# THIGH WORK: LUNGE



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- **Watch turnout:** Make sure the client is not turning out too far.
  - **Knees tracking:** Make sure the client's knees are over the ankles and tracking with the feet.
  - **When in Releve':** Watch for sickling at the ankle.
  - **When at top of movement:** Don't let the legs lock out.
  - **Weight in feet:** Make sure weight is in the big and second toes.

## LUNGE SETUP

- Step one leg off
- Make sure back leg can move down and up without hitting trampoline
- Ears over shoulder over hip alignment
- Hold onto the barre for balance
- Bend both knees as you go straight down, straight up
- Stay lifted in chest (can have slight hinge until flexibility is gained)

## FOOT VARIATIONS

- Heels down
- Releve'

## MOVEMENT VARIATIONS

- Vertical in small to big ranges of motion

## TROUBLESHOOT

- **Watch front leg:** Make sure the movement is not forward and back or passing the mid foot. This is a deepened lunge position requiring flexibility. If you are teaching a class and only one person has trouble, they could keep both legs on ground and use the barre (handle) for balance.
- **Flexibility:** Clients can shift a little forward to reduce the stretch in the hip flexors or front of “back” leg.
- **Knee Alignment:** Knee over heel if possible, can have a slight hinge.
- **Movement:** Movement is straight down/straight up.
- **Weight in feet:** Make sure weight is in the big and second toes.



## LATERAL LUNGE SETUP

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- Step out (think wide second)
- Heel in line with knees
- Slide down to low point
- Try to stay lifted in chest
- Maintain a neutral spine
- Stay lifted in chest (can have slight hinge until flexibility is gained)

## FOOT VARIATIONS

- Heels down
- Elevated heel up

## MOVEMENT VARIATIONS

- Small to big lateral ranges of motion
- Move through the waist
- Move through the arms

## TROUBLESHOOT

- **Alignment** : Can hinge slightly forward.
- **Watch for the tuck:** Maintain a neutral spine.
- **Watch feet:** Be sure there is no sickling at the ankles.

# SEAT WORK: OVERVIEW

Get ready to take it up a notch with BarreAmped Bounce Seat Work Level 2. Your clients need to have good flexibility, strength and mind body connection to complete these exercises. Begin by watching the intro video.

# SEAT WORK: LUNGE LIFT



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## SETUP

- Right leg to the center of trampoline
- Hold on to barre, step left leg back and hinge forward
- Weight in the front heel and knee over ankle
- Soft bend in standing leg
- Don't pull back from the barre
- Head/heel straight strong line, try to square hips as much as possible
- Press thru foot of front heel, as you lift the back leg up and squeeze at the top

## MOVEMENT VARIATIONS

- Lift and hinge over standing heel slowly in various ranges of motion
- Lift and hinge over standing heel more on tempo in various ranges of motion
- Hold Lunge Lift at the top of the move to create a Hinge or Foldover Position
- Lift and change foot positions of extended leg from Point to Flex

## ADVANCED VARIATIONS

- Straighten elevated leg throughout Lunge Lift
- Bend back knee toward floor to create Lunge
- Hold Lunge Lift at the top of the move to create a Hinge or Foldover Position with elevated heel up

## TROUBLESHOOT

- **Pulling back on barre:** Stay light on the barre
- **Watch front knee:** Make sure front knee doesn't lock out
- **Alignment:** Keep hips square
- **Weight in feet:** Keep weight over the heel
- **Standing (elevated) foot position:** Do not lift elevated heel until you are ready to change the exercise to Hinge or Foldover

# SEAT WORK: LUNGE PULL



## SETUP:

- Bring right leg to the center of trampoline, toes close to trampoline on the logo
- Hold on to barre
- Press weight down through the elevated heel
- Bring back leg behind and create a slight “split” lunge
- Make sure your heel/shin are perpendicular to mat
- Pull back on the barre as you press down on the heel to lift back leg up
- Fully stand without tucking hips

## MOVEMENT VARIATIONS:

- Start from Lunge to stand up
- Start from the top of the trampoline and go back only halfway
- Tap back toes down for a reset
- Bend back knee up and into the barre

## ADVANCED VARIATIONS

- Take shape of the back leg behind and toward the mat or back of trampoline



## TROUBLESHOOT

- **Pulling back on barre:** You will use the barre strongly on this exercise but you should always cue to press weight down in the heel of the elevated leg
- **Watch elevated knee:** Do not let elevated knee move past mid-foot
- **Alignment:** Keep hips square, shoulders over hips
- **Weight in feet:** Keep weight over the heel
- **Speed of move:** Don't allow client to move too fast
- **Modify:** Start from top and only moving down halfway

# SEAT WORK: WATERSKI FOLDOVER



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## SETUP

- Find center of trampoline while facing the barre
- Bring arms in just in front of shoulders and hold barre
- Hinge forward and lift heels
- Extend one leg back
- With power, pull slightly back from the barre keeping most of the weight pressing down in the ball of the standing foot
- Keep arms bent and elbows close to rib cage

## POSITION VARIATIONS

### STANDING FOOT POSITIONS

- Releve'

### STANDING LEG POSITIONS

- Parallel with bent knee

## WORKING FOOT POSITIONS

- Straight
- Bent
- Parallel
- Turnout

## MOVEMENT VARIATIONS

- Small lifts
- Full ROM lifts

## ADVANCED VARIATIONS

- Step back from barre a little bit
- Arms in line with shoulders
- Hinge more forward, soften knees, square hips
- Lift heels
- Extend one leg back as you lean back even more (arms almost straighten)

## TROUBLESHOOT

- **If too complicated:** Modify and keep client in foldover.
- **Weight of the foot:** Should be pressing down into the ball of the foot.
- **Back:** There should be no movement in the lower back.
- **Relax Shoulders:** Do not grip and keep shoulders down, away from the ears.
- **Standing Knee:** Do not let the standing leg lock out.
- **Hold:** Always keep elbows bent with a slight pull back from barre IF client needs to build strength and trust for the apparatus.

# ADVANCED STRETCH SERIES OVERVIEW

In BarreAmped Bounce Stretch you will be learning more advanced ways to stretch using the trampoline. Remember to listen to your body and stretch only to that point of slight discomfort. Be sure to watch the complete video below before beginning

# ADVANCED STRETCH: HAMSTRING



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## PROFILE SETUP

- Feet parallel hips distance
- Hips square
- Place one foot on mat, legs straight
- Hinge forward (from pelvis. watch for rounding of back)
- Head in line with spine
- Lift toes to increase stretch
- Turn standing hip in to increase stretch
- Don't push or pull on the barre
- Bend knees and lower down until you feel your quads engage
- Say, "This is your new "high point" and now move down from there into the exercise"



## ADVANCED SETUP

- On trampoline, legs straight
- Hinge forward (chest goes below hips)
- Weight in standing heel
- Reach down (grab metal part of tramp)
- Lift back leg up and open hip
- Pull heel in

Make sure to hold on to the tramp and keep arms active.

## ADVANCED STRETCH: FIGURE FOUR ON THE BARRE



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### SETUP

- Take leg on top of barre
- Lift standing heel
- Make sure sternum lines up with middle of shin (leg on barre)
- Untuck hips
- To advanced the stretch, slowly start to drop standing heel down, maintaining form
- If heel is all the way down, untuck hips more & hinge forward

# ADVANCED STRETCH: DANCERS STRETCH



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## SETUP

- Foot to hand
- Tuck hips under as you pull the knee back and down
- Hinge forward (from pelvis)
- Maintain tuck to increase stretch and press foot into hand and hand into foot
- Try to keep hips square as possible
- Let chest open



## ADVANCED STRETCH: INNER THIGH STRETCH



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### SETUP

- Set up as you would in Lateral Lunge
- Shift weight to outside hip
- Bring arms to shoulder height with palms down
- Side bend up and over (towards leg on trampoline)
- Take inside arm to top of barre and pull down
- Can look up towards ceiling to increase stretch
- Take outside arm up and over the body to increase stretch