

ON THE RE- BOUND

Love Pilates, but looking for a second partner to help you achieve your goals? Meet barre work on the mini trampoline, which helps torch calories without the impact (or dread factor!).

By Jacqueline Barone • Edited by Amanda Johnson

AFTER TEST-DRIVING A FRIEND'S BUNGEE-STYLE FITNESS TRAMPOLINE, I KNEW I NEEDED ONE, TOO. Thanks to my husband, on Christmas 2015, I unwrapped a 44-inch JumpSport Pro trampoline that quickly became my family's favorite toy. I knew the benefits of rebounding, but I didn't realize how this mini-rebounder would give new life to my method, BarreAmped, and my own personal fitness regimen.

When we ordered the handlebar that can be added to the trampoline for support, my eyes widened at the limitless possibilities of combining barre and bounce. No longer did I—nor the home exerciser or even a studio—need a wall-mounted barre to do a barre routine. Plus, I can't tell you how amazing it is to do a really tough thigh exercise, for example, on this slightly unstable surface because you know you'll be rewarded with light bouncing between sets. It's also amazing that you can bounce extremely lightly without punishing your joints and still get an effective cardio workout. (After adding the rebounder to my workouts—and cutting down on my nightly glass of champagne—for four months, I dropped 15 pounds!)

This past January, BarreAmped Bounce, which now includes a DVD and streaming workouts for home exercisers and an online teacher certification, was born. Although those with knee issues or women with pelvic floor dysfunction or postnatal rehab needs should consult their doctor before bouncing, on a case-by-case basis, BarreAmped Bounce is safe for people with injuries or issues. Keeping the spine in a neutral position is key for mamas!

Do the following workout barefoot or with your Pilates socks three to four times a week. If you're new to rebounding, start with a very light bounce until your feet, ankles and legs gain strength and flexibility for the more advanced positions.

I've truly been awakened to a shorter way to work out, a better way to do barre, and a fun way to stave off the dread factor that cardio sometimes brings. BarreAmped Bounce is my favorite workout to date. I'm delighted to share some of the moves with you. Pilates Style readers! #bouncechange PS



GENERAL GUIDELINES

PROPS Handlebar with handlebar

BREATHING Breathe naturally throughout, without any breath holding or gripping of the abdomen.

TIME Do all these moves for 1 minute each.

TIPS

- Bounce lightly from side to side for 5 minutes to warm up.
- For an extra dose of cardio, bounce lightly for 1 minute between exercises.
- Keep your spine natural throughout unless otherwise indicated.

V-Position Thigh Work

PURPOSE works the quads and calves

SETUP Stand tall on the trampoline with your feet in Pilates stance, and hold onto the handlebar. Lift your heels, bending your knees.

1. Bend your knees and lower your body about 5–10 inches, keeping your ears over your shoulders, and shoulders over your hips and heels. Pulse up and down.

TIP Stay as low as you can while maintaining good form.

MODIFICATION The "mat" of the trampoline goes below the "earth"—bear in mind that your heels might not lift as high as they would on the floor. This elevated position on the trampoline requires flexibility in the feet; keep your knee bend proportional to your heel.

ADVANCED Move in a more full range of motion without losing alignment.



Lunge-Over Hinge on Relevé

PURPOSE strengthens the hamstrings, glutes, and lower back.

SETUP Lightly hold onto the handlebar, and step back on the trampoline so that your upper body is comfortably hinged toward the bar. Lift your right heel, bending your knee, and extend your left leg with your foot pointed; your weight should be over the ball

of your supporting foot. Keep your elbows toward your body; spine long and hips square.

1. Bend your left knee, pulse your leg up, then straighten your leg and pulse it up, keeping the movement small.
2. Repeat on your other side, bouncing for 1 minute before you alternate.

TIP Make sure the movement isn't coming from your back, but instead, from the leg moving inside your pelvis or hip joint.

MODIFICATION Drop your back heel, and don't hinge over as much.

ADVANCED Work powerfully and more rapidly without losing control.



GEAR GUIDE

JumpSport PRO 250 and
Arch'd Leg Handle Bar
(\$299 and \$29, respectively;
www.jumpsport.com)



Parallel Thigh Work

PURPOSE targets the quads and calves.

SETUP Stand tall on the trampoline holding onto the handlebar with your legs hip-width apart and parallel. Lift your heels.

1. Lower a few inches, feeling your quads contract. Pulse up and down.

TIP Keep your ears over your shoulders, over your hips, over your heels, with your spine neutral.

MODIFICATION Work higher, making sure your heels aren't overreaching and that you're not leaning forward.

ADVANCED Move powerfully in a more full range of motion with control. Hold for the last 10 seconds at your low point.

Parallel Jump

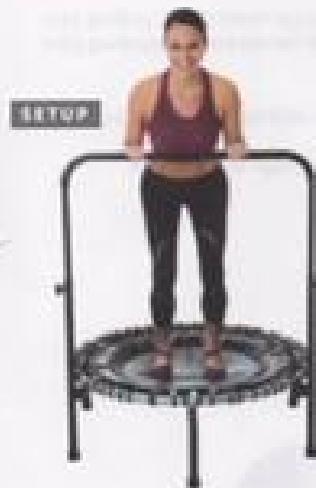
PURPOSE promotes strength in the lower body and thighs; gets the heart rate up
SETUP Holding onto the handlebar, sit in a hinged "chair" position with your back straight and feet hip-width apart and parallel.

1. Jump up, powerfully lifting off the trampoline with control and extending your arms behind you.

TIP Jump slowly, taking your time to set up for your next launch.

MODIFICATION Keep holding the bar and tap out from side to side, rather than lifting both feet off the trampoline.

ADVANCED Increase your pace.



Seesaw on Relevé

PURPOSE enhances strength in the glutes, hamstrings and lower back

SETUP Standing toward the back on the trampoline with a comfortable hold on the handlebar, extend your left leg behind you, turning out from your thigh. Lift your right heel, bending your knee.

1. Inhale, hinging your upper body forward at your pelvis as you bend your left knee and "pull" your heel toward the midline of your body.
2. Exhale, returning to the starting position.

TIP Really think of this move as an actual seesaw on a playground; when one side goes down, the other has to come up.

MODIFICATIONS Don't lift your standing heel. Reduce the range of motion of your hinge and/or the duration.

ADVANCED Increase your range of motion and/or pace.





If you're new to rebounding, start with a very light bounce until your feet, ankles and legs gain strength and flexibility for the more advanced positions.

Waterski Thigh Work

PURPOSE: tones the quads, calves, arms and lower back

SETUP: Holding onto the handlebar with an overhand grip, step your feet just underneath the handlebar, feet in planes. Hips and Heels lifted.

1. Bend your knees, keeping your heels lifted, pulling your body weight away from the handlebar and tucking your hips under.

TIP: Allow your upper back to slightly round, closing your rib cage.

MODIFICATION: Do V Position Thigh Work instead.

ADVANCED: Increase your pace.



Pull-Up on Relevé

PURPOSE: focuses on the biceps, middle back and shoulders

SETUP: Sit under the handlebar with your hands on the bar in an overhand grip, arms aligned with your shoulders and feet together on the floor. Lift your heels, coming into a 'tabletop' position. Inhale to prepare.

1. Exhale, bending your arms into the sides of your body to lift your body up.
2. Inhale, returning to the starting position.

TIP: Avoid jutting your chin forward.

MODIFICATION: Keep your feet on the floor, and/or decrease your range of motion.

Teaser Under the Barre

PURPOSE same as Pull-Up on Barre

SETUP Sit on the edge of trampoline (on the bungees) with your hands in a wide overhand grip with one on the handlebar, and get into a Teaser position with your feet in Pilates stance. Keep your head aligned with your spine and your spine neutral.

1. Beat your heels, making the movement slow and controlled.

TIP Try your best not to collapse in your lower back by maintaining more of a neutral spine position. Imagine that you have a tail—don't sit on it.

MODIFICATION Bend your knees.

ADVANCED Lower and lift your legs.



Classically trained at the Lyme Barn Method, **SUZANNE BOWEN** is the creator of Suzanne Bowen Fitness (SBF), an efficient mind/body technique that combines cutting-edge cardio, intelligent strengthening and dynamic stretching. Now, everyone worldwide can train with Suzanne and get lifestyle and nutrition tips via her subscription-based website, www.suzannebowenfitness.com.

Suzanne is known for her BarreAmped program (www.bareamped.com) that's licensed to studios worldwide and includes instructor certifications. Her BarreAmped DVDs are consistently ranked as best-sellers on Amazon. She continues to create new and exciting BarreAmped workouts, including Bounce (bounce [bareampedsource.com](http://www.bareampedsource.com)), the first barre program on a trampoline. Currently, Suzanne splits her time between Santa Rosa Beach, FL, and Nashville with her husband and two children.

SETUP