

The Creative Movement Group

Basic Jumps Program

No of reps	Description of Exercise
1	Sauté exercise in centre (Exercise # 6 “Level 2 Ballet Barre”)
2	Assembles to Plié (using dominant takeoff leg)
2	Assembles to rebound (using dominant takeoff leg)
3	Straight Jumps (from & to plié —to stick at end)
3	Tuck jumps (start optional—to plié —to stick at end)
2	Wolf jumps (start optional—plié —to stick at end) R leg bent
2	Wolf jumps (start optional—to plié —to stick at end) L leg bent
3	Straddle jumps (start optional—to plié —to stick at end)
3	Pike jumps (start optional—to plié —to stick at end)
2	Stag jumps (start optional—to fondue —stick at end) R leg
2	Stag jumps (start optional—to fondue—stick at end) L leg
2	Split jumps (start optional—to plié —to stick at end) R leg
2	Split jumps (start optional—to plié —to stick at end) L leg
2	Ring leaps—no head release (start optional—to fondue—stick at end) R leg
2	Ring jumps—no head release (start optional—to fondue—stick at end) L leg
3	Sheep jumps—no head release (start optional—to plié — stick at end)
15	Selection of any of the above jumps with 1/2 & 1/1 turn (approx 5 X 3 optional jumps)