



PEAK PILATES® BARRE NONE WITH PLYOMETRICS

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OVERVIEW

Maximize your propulsion power with a program designed to burn calories, challenge your cardiovascular system, and improve jump alignment and athletic performance. Learn how to teach a class that offers a challenging variation that is not just fun for dancers but for all fitness participants.

OBJECTIVES

Participants will be able to explain the benefits of:

- Jump training
- The biomechanics of jumping
- Jump classification
- Jumping and injury prevention

SUMMARY

Improve muscle speed as well as strength by adding jump intervals to your Barre None class. Doing so will make your muscles powerful, resulting in increased latent power in the body.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**