

TIFFANY BURKE PILATES

Crazy Burn Sculpt (Box, Heavy Dumbbells, Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch	2 each way	1 medium		L leg heavy on bar, R foot in L short strap
1 Leg Lowers/Lifts	6			Hold pegs, hover L leg above bar
1 Leg Circles	3 each way			
<i>Complete Side 2</i>				R leg heavy on bar, L foot in R short strap
Abdominal Leg Lowers/Lifts	10		Ball	Feet in long straps, ball between calves, hands behind head/c-curve
100's	3 sets			Arms reach forward
100's - Tucks	3 sets			Tuck on exhale
Tucks/Hip Lifts	10 each			Hands behind head
Abdominal Jumps/Ankle Pops (Forearms Down)	10 each			
Abdominal Jumps/Ankle Pops (Hands Behind Head)	8 each			
Elbow to Knee Jumps	6			R forearm down, L hand behind head, L foot on bar
Elbow to Knee Jumps (Side 2)	6			L forearm down, R hand behind head, R foot on bar
Side Sit-up/Reaches	10 each			L foot against platform/leg extended, R hip into ball, hands behind head
Kneeling Lat Pulls	10			Knees against shoulder rests, hands on frame, flat spine
Side Sit-up/Reaches (Side 2)	10 each			

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Flow

Exercise	Reps	Springs	Props	Direction
Captain Morgan Press/ Overhead Press	10	1 medium & 1 light	Heavy dumbbells	R foot against shoulder rest, dumbbells in hands, L foot on ground/face reformer
Captain Morgan Lunge	8			No dumbbells
Standing Side Leg Lifts	10			L hand on bar, R leg lifting
1 Leg Press Back/1 Arm Narrow Row	10			Dumbbell in L hand, R hand on hip, face front, R foot against shoulder rest
Standing Donkey Kick/Pulses	10 each			Dumbbell behind R knee, R hand on bar
Flying Lungs	10	1 medium		L foot on ground, R foot against shoulder rest, hands on bar
Progressive Lunge 1. Press/Alt. Bicep Curl 2. Lunge 3. Combo - Press/Lunge	8 press 6 lunge 5 combo.			Bar on bottom shelf, dumbbells on carriage, R foot on platform, L knee on carriage
Full Lunges	10			L foot on carriage, arms long
Flamingo Plank - Pikes	8			Hands on bar, R foot on carriage, L foot flamingo
Flamingo Plank - Tucks	6			
Skaters/1 Arm Wide Row	10			Face R side, L foot on platform, R foot on carriage, R leg stays bent/parallel
Skater Hold/1 Arm Wide Row	10 sec. hold 10 rows			
Kneeling Inner Thigh Pulls/ Overhead Press	10			R foot on frame, L knee against shoulder rest, dumbbells in hands
Standing Inner Thigh Pulls/ Overhead Press	10			R foot on floor
Curtsy Press Back/Tricep Kick Back	10			Stand on R side of reformer, L foot on floor, R foot against shoulder rest, dumbbell in R hand

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Exercise	Reps	Springs	Props	Direction
<i>Start with Captain Morgan Press/Overhead Press on Side 2 & continue flow</i>		1 medium & 1 light		L foot on carriage, R foot on floor

Flow 2

Exercise	Reps	Springs	Props	Direction
Combo - Traveling Push-up/ Row	1 minute	1 extra light	Box 1 dumbbell	Short box between carriage & bar, dumbbell on carriage, bar on high shelf, start with L hand on bar, R hand on box
Alt. Renegade Rows	30 seconds			
Snake	6			Hands on box, R foot on carriage/toes facing R side, L leg crossed over R
Kick Across/Pikes	6			Hands on side of box/ fingertips outward, R foot on carriage, L leg lifted
Side Step-up/Lunge Combo.	10			Hold dumbbell at chest, L foot on box, R foot on carriage
Front Lunge/Arabesque Kick Combo.	10			L foot on box, R leg arabesque kick
<i>Start with Traveling Push-up/ Row Combo. on Side 2 & continue flow</i>				
Side Split Stretch	3	1 medium		Bar at middle shelf, L foot on floor, R foot against shoulder rest, hands on carriage
Front Split Stretch	3			L knee on carriage, R foot on bar, hands on bar
<i>Complete Side 2</i>				