

TIFFANY BURKE PILATES

Elastigirl 6.0

(Theraband, Platform Pad, Soft Pilates Ball, Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Theraband Stretch -Bend/Stretch -Lower/Bounce Up -Rotate -Cross/Open Side -Giant Circles	3 each	1 medium	Theraband, platform pad	Platform pad on platform, bar down, band around R foot, L foot on bar
<i>Complete Side 2</i>				
Seated Curl (Wide Band Pull)	10			Bar to middle shelf, ball behind lower back, theraband in safety strap, palms face floor/hold band
Seated Curl Hold - Circles	5 each way			
Abdominal Jumps/Ankle Pops	10 each			Ball between shoulder blades, feet on bar, hands behind head, Pilates V legs
Abdominal Jumps/Ankle Pops - (Wide Band Hold)	10 each			Hold strap wide entire time
Abdominal Jumps (Narrow Band Pull) / Hold & Pull	8 each			Band between legs
Side Lying Band Reach	10			Ball underneath R side, L leg extended, band in L hand
Side Sit-up/Reaches	10 each			Hands behind head, no band
<i>Repeat Side Lying Band Reach</i>	10			
Side Lying Leg Sweep/Band Bicep Curl	8			L foot in long strap, band in L hand
Side Lying Small Leg Circles	10			Keep to the side of you
Side Lying Small Leg Lifts	10			Keep in front of you
Mad Crunches -Tucks -Squeezes	10 each			Band over bar, short straps above knees, ball between knees, hands behind head

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Exercise	Reps	Springs	Props	Direction
Reverse Side Lying Band Tricep Press/Leg Lifts	10 each			Face other side on machine, ball underneath R side, strap in L hand, L leg extended, R forearm on carriage
Reverse Side Lying 1 Arm Bar Press/Repeat Leg Lifts	10 each			L hand on bar/elbow narrow
<i>Start with Side Lying Band Reach on Side 2 & continue flow</i>				Ball underneath L side
INSTEAD OF MAD CRUNCHES: Reverse Low Kneeling Band -Hug a Tree/Lifts -Lat Carriage Pull	10 each			On knees/facing risers, hold frame for lat pulls/arms are straight the entire time

Flow - Part I

Exercise	Reps	Springs	Props	Direction
Seated Box Push & Catch	10	1 medium	Box, theraband	Bar down, long box on carriage, thread band through loop on opposite end, sit on platform, hands on box, elbows narrow/spine flat
Seated 1 Arm Twisting Box Push				R arm
<i>Complete Side 2</i>				L arm
Seated T Band Pull/Pulses	10 each			Hold band, palms of hands face floor
Seated Pilates V Press/T Band Pull/Pulses	10 each			Pilates V against box
Box Plank - Slides	6	1 light		Feet on platform, hands on box, hold band in R hand
Twisted Box Plank - Slide/ Push-up/Band Renegade Row Combo.	6 sets			Hips/toes face L side
Kneeling Arabesque Sweep/ Band Tricep Press	8			L foot in short strap, R knee on L side of box, R hand holds band

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Exercise	Reps	Springs	Props	Direction
Side Donkey Press	10			R forearm on box
Warrior Lunge/Wide Band Pull	10			R foot on platform/facing R side, L foot on box, band in R arm
Warrior Lunge Hold - Press	10			
Skater Pushes	10			Parallel L leg on box, weight stays in L leg, no band
<i>Start with Twisted Box Plank Combo. on Side 2 & continue flow</i>				Toes/hips facing R side, band in L hand

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Low Box Carriage Pulls/Pulses	10 each	1 light	Box, band	Short box in front of shoulder rests, strap underneath box, pull straps off of pegs, palms of hands on box, stand in the well
1 Leg Standing Tricep Push-up/Pivot Kick & Press Combo.	6 sets			L leg lifted, R hand holds band
1 Leg Step-up/Arabesque Kick/Band Punch Combo.	6 sets			R foot on headrest, R hand holds band, L leg lifted
Hold Arabesque Step-up-Tricep Band Press	8			
Wide Push-up/Band Renegade Row Combo.	6			Straps in hands, feet on frame, R hand holds band
<i>Start with 1 Leg Standing Tricep Push-up/Pivot Kick & Press Combo. on Side 2 & complete flow</i>				Band in R arm
Standing Stretch Series	1 each			L leg on box
<i>Complete Stretches on Side 2</i>				