

TIFFANY BURKE PILATES

Traveling Sculpt

(Box, Soft Pilates Ball, Light & Heavy Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Foot to Strap Stretch	2 each way	1 medium		R foot in L strap, L leg heavy on bar
1 Leg Lowers/Lifts	5			Hold pegs, hover bottom leg
1 Leg Circles	3 each way			
<i>Complete Side 2</i>				
Abdominal Leg Lowers/Lifts	10		Ball	Feet in long straps, hands behind head/c-curve, ball between calves
100's - Tucks	Full set			Arms reaching forward
Tucks/Hip Lifts	10 each			Hands behind head

Flow

Exercise	Reps	Springs	Props	Direction
Low 1 Leg Carriage Press Back	10	1 extra light, 1 light, 1 medium	Box, light & heavy dumbbells	Bar down, carriage on 1st gear, short box in front of shoulder rests, heavy dumbbells on floor in front, light dumbbells on headrest, L foot on floor, R foot against edge of carriage
Arabesque Lifts	10			Fingertips on bar
Low 1 Leg Carriage Press Side	10			Facing R side
Side Leg Lifts	10			
Front Lunge - Overhead Press	10	1 extra light	Heavy dumbbells	L foot against edge of carriage/facing front, heavy dumbbells in hands
Deadlift - Hammer Curl	10			

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Exercise	Reps	Springs	Props	Direction
Box Plank - Slides	10	1 light & 1 medium		Hands on box, feet on bar or platform
Box Plank - Tricep Push-ups	6			
Split Stance Reverse Fly/Pulses	10 each		Light dumbbells	R foot on headrest, L foot on carriage, dumbbells in hands
Split Stance Pulling Straps/ Tricep Press	10 full 6 tricep			Hold straps
Side Lying Clam	10			Lying on L side/forearm, short strap above R knee
Side Lying Donkey Kick/1 Arm Press	10			Dumbbells in R hand
Side Lying Leg Sweep/1 Arm Sweep	10			Leg stays straight
Pulling Straps/Tricep Press	10 full 6 tricep			Long box on carriage, hold taped part of straps, legs long
Reverse Fly	10			Dumbbells in hands
(Strap) Flamingo Lunge/1 Arm Press	10	1 light		Box on floor, face the risers, short strap above R knee, L leg behind you, dumbbell in L hand
(Strap) Deadlift/Flamingo/1 Arm Press	10			
(Strap) Squat/Narrow Press	10			Face the R side
(Strap) Standing Inner Thigh Pull/Bicep Curls	10			Legs turned out
(Strap) Deadlift/Flamingo/ Narrow Press	10			R leg stays on the ground, face the Ride
Start with Low 1 Leg Carriage Press Back on Side 2 & continue flow		1 extra light, 1 light, 1 medium		L foot against edge of carriage
Side Sit-up/1 Arm Reach	10	All springs	1 light dumbbell	Short box behind shoulder rests, bar at middle shelf, sit on box, L foot in safety strap, dumbbell in L hands

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Exercise	Reps	Springs	Props	Direction
Side Lying Open & Close Door	10			R hand on headrest
Climb a Tree	3			Hold R leg
<i>Complete Side 2</i>				