

TIFFANY BURKE PILATES

Bitch'n Bosu Jump 2022 (Jump Board, Bosu)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Dolphin Tail	10	1 medium & 1 heavy		Feet in short straps
Frogs/Pulses	10 each			
Zippers	8			
Tiny Circles	8 each way			
Short Spine	5			
(Bosu) Abdominal Jumps/Ankle Pops	10 each	1 medium	Bosu	Bosu/against shoulder rests sit in front of bosu, hands behind head, c-curve, Pilates V on board
(Straps on Hands) Curls/Tuck	8			Hands in long straps/arms straight, legs in table top
Side Sit-up	10			Flatten bosu, R hip on bosu, L foot against bottom of board/leg straight
Side Lying Jumps/Tap Risers	10			L foot on board
High Side Lying Jumps	1 minute			R hand on headrest, L hand on bosu, foot flexed
Side Lying Leg Tuck	10			L foot in long strap
Kneeling Side Donkey Press	10			Face the risers, R knee on bosu/foot on carriage, L foot in long strap, R hand on carriage, L hand on shoulder rest, knee lifted
1/2 Standing Arm Circles	5 each way			L foot on headrest, R knee on bosu, hands hold D ring, flat spine entire time
1/2 Standing Riser Pulls	6			Hands on top of risers

TIFFANY BURKE PILATES

Exercise	Reps	Springs	Props	Direction
Superman Leg Jumps	1 minute			Stomach on bosu, knees touching board, hands on shoulder rests
Riser Pulls				Frog legs,
<i>Start with Side Sit-up on Side 2 & continue flow</i>				
Breaststroke Section -Reaches	10			Stomach on bosu/move bosu forward, long straps in hands
Superman Arm Jumps	8			Hands on board/arms reach up to sky on jumps
Superman Arm Jumps (T Arms)	8			Hands on board/arms reach out to a T on jumps
Kneeling Arm Jumps/Hip Lifts	10	1 medium & 1 extra light		Kneeling on bosu/knees toward front, feet on carriage, hands on board

Flow

Exercise	Reps	Springs	Props	Direction
Back - Lunge/Deadlift	1 minute	1 extra light	Bosu	Bosu on R back side of reformer, L foot on bosu, R foot on carriage
Front - Hamstring Carriage Pull	1 minute			L foot on carriage, R foot on bosu, face front
Step-ups	30 seconds			
Front - Lunges/Pulses	1 minute 10 pulses			Scoot bosu forward/close to board, R foot on bosu, L foot against shoulder rest
Bosu Burpee Combo.	1 minute			Flip bosu/hold
Bosu Plank - Pikes	10			
Seated Jumps - Pilates V	10	1 medium		Bosu on carriage/against shoulder rests, sit in front, hands behind head, forearms on carriage
Seated Jumps - Parallel	10			

Content may not be copied, reproduced, transmitted, distributed, downloaded or transferred in any form or by any means without Tiffany Burke's prior written consent, and with express attribution to Tiffany Burke Pilates, LLC. Copyright infringement is a violation of federal law subject to criminal and civil penalties.

TIFFANY BURKE PILATES

Exercise	Reps	Springs	Props	Direction
Seated Jumps - Pilates V/Frog	10			
Seated Jumps - Parallel/Tucks	10			
<i>Start with Back - Lunge/ Deadlift on Side 2 & continue</i>		1 extra light		Bosu on other side/facing risers, R foot on bosu L foot on carriage
Tandem Plank - Pikes	8	1 extra light or 1 light		Bosu flat on carriage, hands on bar, hips/toes face R side/ feet on bosu
Criss Cross Pikes	10 total			Hold onto top of board
Tandem Plank - Pikes (Side 2)				Hips/toes face L side
Side Split Stretch	3	1 medium		R foot against shoulder rest, L foot on floor, hands on carriage
Front Lunge Stretch	3			Hold board/face front, knee dropped in the back
<i>Complete Stretches on Side 2</i>				