

# TIFFANY BURKE PILATES

## Burn Baby Burn 22

(Light & Heavy Dumbbells, Box, Booty Band)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps - Lowers/Lifts</b>	10	1 medium & 1 heavy		Feet in short straps
<b>Dolphin Tail</b>	5			
<b>Circles</b>	6 each way			
<b>Zipppers</b>	8			
<b>Tiny Circles</b>	8 each way			
<b>Frog/Pulses</b>	10 each way			
<b>Short Spine</b>				

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Seated Arnold Press</b>	10	1 medium	Box, light & heavy dumbbells	Long box on carriage, light dumbbells on headrest, bar on highest shelf, place light dumbbells on headrest, heavy dumbbells in hands, face risers/feet on carriage
<b>Seated Alt. Bicep Curls</b>	20 total			
<b>Seated Roll Back/Reach (Dumbbell)</b>	8			1 dumbbell in hands
<b>Overhead Reach (on back)</b>	8			
<b>Chest Fly</b>	10			
<b>Box Plank - Slides</b>	8			1 dumbbell on headrest, 1 dumbbell on box, feet on bar, hands on box
<b>Box Tandem Plank - Slides</b>	6			Hips/toes face R side

# TIFFANY BURKE PILATES

Exercise	Reps	Springs	Props	Direction
Lunge/Wood-chop	10			Scoot box slightly to the R on carriage, L foot on carriage, R foot on bar, dumbbell in both hands
Lunge Hold - Carriage Press/ Row	10			
Kneeling Hamstring Lifts/ Pulses	10 each			Dumbbell behind L knee, hands & R knee on box
Kneeling Arabesque Sweep/ Hold	10 reps 10 sec. hold			R knee at L side of box, L foot in long strap
Kneeling Arm Sweep/Tricep Press	10 each			Both knees on box, L hand in long strap
1/2 Kneeling Renegade Row	10			L foot on carriage, dumbbell in L hand, R hand on box
Kneeling Arms - W Press/ Internal Rotation (Dumbbells)	10			
Kneeling Arms - W Press/ Internal Rotation (Straps)	10			Hands in long straps
Pulling Straps/Frog Lifts/Pulses - T Arms	10 each		Booty band	Lying on stomach/facing risers, band above knees, hold taped part of straps, legs in frog behind you
Reverse Fly	10			Small dumbbells in hands
Horseback	10		No band, light dumbbells	Straddle box/face the bar, feet on carriage, hands in long straps, dumbbells in hands
Seated Overhead Press	10			
Double Leg Stretch/Tucks (Dumbbells/Straps)	10 each		Booty band	Band above knees, long straps and dumbbells in hands, legs in table top
Bridge - Marching/1 Arm Fly	30 seconds			
<b>Start with Box Plank - Slides on Side 2 &amp; continue flow</b>				Hands on box, feet on bar

# TIFFANY BURKE PILATES

Exercise	Reps	Springs	Props	Direction
Lunge/Deadlift	10	1 extra light		Move carriage to 2nd gear, risers down, band around shoulder rests, box behind reformer/on floor, L foot behind band, R foot on box
Low Lunge/Carriage Pulls	10			
Flamingo Pikes	6			Hands on top of risers
Lunge/Deadlift (Straps)	8			Hold high on straps, arms straight/find tension
<b>Complete Side 2</b>				
Side Split Stretch	3	1 medium		L foot on floor, R foot against shoulder rest
Front Split Stretch	3			R foot on bar, L knee on carriage
<b>Complete Stretches on Side 2</b>	3 each			