

# TIFFANY BURKE PILATES

## Arc Love (Soft Pilates Ball, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps - Lowers/Lifts</b>	6	1 medium & 1 heavy		Feet in short straps
<b>Circles</b>	5 each way			
<b>Parallel Push (Ball)/Pulses</b>	10 each		Ball	Ball between calves
<b>Table Top Squeezes</b>	10			
<b>Short Spine</b>	5			Ball stays between calves
<b>100's Breathing/Rollover Combo.</b>	5		No ball	Long straps in hands
<b>Knee Sways</b>	10 total			Table top legs, hold pegs
<b>Glute Bridge Slides</b>	10		Ball	Ball between knees, balls of feet on bar
<b>Glute Bridges</b>	10			Keep carriage closed
<b>1 Leg Glute Bridge Slide/Kick</b>	8			L foot on bar, R leg to ceiling
<b>Sleeper Leg Press/Calf Raise</b>	10			Lying on R side, R forearm on bar, L leg straight over platform, legs turned out, R foot on bar
<b>1 Leg Glute Bridge Slide/Kick on Side 2</b>	8			R foot on bar, L leg extended
<b>Sleeper Leg Press/Calf Raise on Side 2</b>	10			Lying on L side

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Criss Cross Rowing/T Press</b>	4 sets	1 light		Bar at top shelf, sit with legs straight/through shoulder rests, hands in long straps

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Exercise	Reps	Springs	Props	Direction
<b>1 Leg Teaser Prep/Low V Press</b>	6 total			Feet flat, low V arms/hold straps tighter
<b>2 Leg Teaser Prep/Low V Press (feet on shoulder rests)</b>	6			Toes touching shoulder rests
<b>2 Leg Teaser Prep/Low V Press (legs floating)</b>	6			Legs in table top/not touching
<b>Alt. Halo Row</b>	4			Legs long, hold R strap in both hands/elbows wide
<b>Shave the Face/Press up</b>	6			R foot flat on headrest, L leg tucked underneath, L hand on carriage, R hand in long strap
<b>Mermaid Side Reach/Press Up</b>	6			Face R side of machine, R shin against shoulder rest
<b>Captain Morgan Rotating Punch/Side Bend Combo.</b>	5 sets			Knees on carriage/face R side, L foot on carriage/leg turned out
<b>Pocket Book/Extension/Sit Down</b>	5			Both knees in line with carriage, L hand in long strap, elbow into side
<b>Tricep Press/Kick/Sit Down</b>	6			L arm above you, kicking L leg, scoot knees to L side/away from shoulder rests
<b>Hinging Hug a Tree</b>	8			Face front, hands in short straps
<b>Salute/Hinge &amp; Sit</b>	3			Diamond hands above head
<b>High Salute/Tricep Press</b>	8			
<b>Serving Arms Progression</b> 1. Low 2. Hovering 3. Tall 4. Stay up - Hug a Tree	3 each level 6 hug a tree			Hands in long straps, L knee on carriage/foot on headrest, R foot on carriage/leg in front of you, palms to ceiling
<b>Work Backwards - Start with Serving Arms Progression on Side 2 &amp; continue flow</b>				R leg in front

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## Flow 2

Exercise	Reps	Springs	Props	Direction
<b>Classical Long Stretch</b>	3	1 light & 1 medium		Hands on bar, feet on headrest
<b>Alt. Deli Slicer Long Stretch</b>	30 seconds			R knee to R elbow/elbow stays wide/leg lifted
<b>Classical Down Stretch</b>	3			Bar to middle shelf, knees on carriage, feet against shoulder rests, hands on bar
<b>Tricep Push-up/Alt. Arm Circle Down Stretch</b>	30 seconds			
<b>Long Stretch Arabesque/Cross/Sweep Combo.</b>	30 seconds			Bar high, hands on bar, R foot against shoulder rest, L leg arabesque
<b>Long Stretch Arabesque/Cross/Sweep Combo. (Side 2)</b>	30 seconds			
<b>Up Stretch Flamingo</b>	30 seconds			R leg flamingo
<b>Up Stretch Flamingo (Side 2)</b>				L leg flamingo
<b>Twisted Plank - Star Kick/Tucks</b>	5	1 medium		Bar at middle shelf, hands on bar, feet/toes face R side on carriage
<b>Snake</b>	3			R foot flat/toes facing R side, L leg crossed over
<b>1 Arm Snake</b>	4			L hand on bar/centered
<b>Mt. Climber Tuck</b>	8			R foot on carriage, L leg off, hands on bar
<b><i>Work Backwards - Start with Mt. Climber Tuck on Side 2 &amp; continue with Snake &amp; Twisted Plank</i></b>				
<b>Leg Shaker Push</b>	10	1 medium & 1 light		Bar at top shelf, L foot on platform, R foot on carriage, hold bar/facing R side of machine
<b>Star Burst Press</b>	10			R foot centered on carriage, L foot on bar

# TIFFANY BURKE PILATES

Exercise	Reps	Springs	Props	Direction
Low Press/Twist	10			
Reverse Star Burst	10			Facing risers, L foot on bar behind you
Plank - Slides	8			Hands on shoulder rests, feet on bar
Plank - Alt. Arabesque/Sweep Combo.	4			
<i>Work Backwards - Start with Reverse Star Burst on Side 2 &amp; continue flow</i>				
Seated Side Reach/Side Sit-up Combo.	8	1 medium	Box	Short box/in front of shoulder rests, R leg bent on box, L leg extended/safety strap, R hand in long strap
Climb a Tree Combo.	3 each way			L hand in safety strap, R leg climb a tree
<i>Complete Side 2</i>				