

TIFFANY BURKE PILATES

Daisy Duke 2022

(Box, Medium/Heavy Dumbbells, Soft Pilates Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Seated Curls	10	1 medium	Ball	Ball between shoulder blades, feet on platform, hands behind head,
Abdominal Jumps/Ankle Pops	10 each			Hands behind head, feet on bar in Pilates V
Abdominal Leg Lowers/Lifts	10			Ball between calves, long straps on feet, hands behind head/c-curve
100's Breathing - Tucks	Full set			Arms reach forward, exhale on tucks
Tucks/Hip Lifts	10 each			Hands behind head
Abdominal Jumps/Ankle Pops (ball between calves)	10 each			Parallel legs
Side Sit-up	10			Ball underneath R hip, L leg long/straight, hands behind head
Kneeling Lat Pull Through	10			Knees against shoulder rests, facing risers, hands on frame, arms straight
Side Sit-up (Side 2)	10			Ball underneath L side, R leg extended
Footwork (Heels)/Pulses/Squeezes	10 each	All springs	Ball	Heels of feet on bar, ball between knees, arms down
Footwork (Arches)/Pulses/Squeezes	10 each			Aches on bar
Footwork (Balls of Feet)/Pulses/Squeezes	10 each			All of feet/heels lifted
Feet in Straps - Lowers/Lifts	8	1 medium & 1 heavy		Feet in short straps
Dolphin Tail	8			
Circles	6 each way			

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Tucks (Ball)/Pulses/Squeezes	10 each		Ball	Ball between knees
Short Spine	4			

Flow

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Side Plank/Tricep Extension	10	Lightest spring	Box, dumbbells	Bar stays up, box in line with back of machine/on floor, lower risers all the way down, wrap bottom rope around pegs to make them shorter, face the box, R hand in long strap, L hand on box in center, R elbow high
Box Lunge/Lat Press	10			L foot on box/leg bent, R arm straight
Step-up/Jump/Push-up	1 minute			Narrow elbows on push-up
Standing Clam	10			Hold on to riser with R arm, L leg bent, L foot in short strap
Standing Donkey Kick	10			
Deadlift (Twist or Dumbbells)	10		Dumbbells	R foot behind shoulder rest, hands behind head
Reverse Fly	10			Dumbbells, both feet on box
Standing Hamstring Lift/Side Tuck	10			Box standing up on the side/ R side of machine, forearms on box, R foot on floor, short strap above L knee on thigh
Standing Hamstring Curl/ Pulses	10 each			Short strap on arch of L foot, turn away from box, L hand on bar
Standing Bicep Curl/Donkey Kick	10			Face the risers, dumbbell behind L knee, R forearm on box, short strap in R hand
Bicep Curl/Isometric Hold Combo.	10 curls			Dumbbells in hands, R arm isometric hold/L arm curl

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Bicep Curl/Isometric Hold Combo. (Side 2)	10 curls			R arm curl/L arm isometric hold
Alt. Bicep Curls	10 each			
Standing Side Splits/Wide Bicep Curls	30 seconds	1 light		Bar to bottom shelf, dumbbells in hands, R foot on platform, L foot on carriage
Standing Side Splits/Wide Row	30 seconds	1 medium & 1 light		Same leg set-up
Speed Skater (Platform Leg)	30 seconds			Weight in platform leg
Speed Skater (Carriage Leg)	30 seconds			Weight in carriage leg
<i>Start with Side Plank/Tricep Extension on Side 2 & continue</i>				Box on floor, R hand on box, L hand in strap/above head
Side Split Stretch	3	1 medium		L foot on floor, R foot against shoulder rest, hands on carriage
Snake	3			Hands on bar, R foot on carriage/turned out, L leg crossed over
Front Split Stretch	3			Hands on bar, L knee on carriage, R foot on bar
<i>Complete Stretches on Side 2</i>				