

TIFFANY BURKE PILATES

Short Box Sizzle (Box, Soft Pilates Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
(Ball) Lat Press/Tuck Crunch	10	1 medium	Ball	Ball underneath hips/ tailbone, hold high on straps, start in table top, arms straight up to ceiling to start
(1 Strap) Scissor/Circle	6			Hold pegs, R foot in long R strap
Dolphin Tail	6			Both feet in long straps
Circles	5 each way			
(1 Strap) Scissor/Circle (Side 2)	6			L foot in long L strap
Abdominal Leg Lowers/Lifts	10			Ball between ankles, both long straps on feet, hands behind head/c-curve
100's Breathing - Tucks	Full set			Reach arms forward, tuck on each exhale
Tucks/Hip Lifts	10 each			Hands behind head
Abdominal Jumps/Ankle Pops	8 each			Hands behind head, feet on bar, ball between ankles
Center Plank - Tucks (Ball)	6	1 light		Ball between knees, hands on bar, feet on carriage
Side Plank - Tucks/Dips (Ball)	6			Turn hips to R side, R leg off carriage entire time
Center Plank - Tucks (Ball)	6			
Side Plank - Tucks/Dips (Ball) (Side 2)	6			Turn hips to R side
Standing Front Split Stretch (Both Sides)	3 each side	1 light & 1 medium		R foot on platform, L foot on carriage/shoulder rest, hands on bar

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Flow

Exercise	Reps	Springs	Props	Direction
Side 1 Leg Squat Press	10	1 light & 1 medium	Box	Bar down, short box against shoulder rests, stand next to machine on R side, R foot on floor, L foot against carriage edge, R hand on bar, L hand on hip, low squat, hands in prayer
Front 1 Leg Squat Press	10			
Arabesque Lifts	10			Arms straight/hold bar, L leg lifting above box, R leg bent
Flat Back/Front Lunges	10	1 light		L foot on floor/in front of bar, R foot on carriage, hands behind head, flat back
Flat Back/Twist Side Lunges	10			Facing R side, twisting to the L/toward L knee, R leg stays straight
High (Box) Flat Back/Twist Side Skater Lunges	10			L foot on platform, R foot on carriage or box
High (Box) Flat Back/Front Lunge	10			L foot on platform, R foot on box, hands behind head
Box Plank - Tucks/Bounces	10 each	1 light & 1 medium		Hands on bar, feet on edge of box
Side Forearm Plank - Inner Thigh Lifts	5	1 light		Bar to middle shelf, R forearm on box, L foot on bar, L hand on box
Side Forearm Plank - Kicks	5			L arm to ceiling, R leg kicks
Side Forearm Plank - Flamingo Pikes	5			L hand behind head, L leg flamingo
Snake/Slides (Platform)	4			Hands on box/thumbs facing inward, L foot on platform, R foot crossed over
Snake/Slides (Bar)	4			Feet on bar instead of platform
Side Lying Clam	10	1 light & 1 medium		Short strap above L knee, lying on R side/facing risers, R forearm on box

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Exercise	Reps	Springs	Props	Direction
Side Lying Leg Sweep	8			L leg straight to side
Side Lying Circles	5 each way			
Side Sit-up	10	1 medium		R foot in safety strap, R leg straight, hands behind head, sitting on L hip/facing L side
1/2 Kneeling/1 Arm Side Plank - Pikes	3			R hand on bar, R knee on carriage, L foot on box, L hand behind head
1/2 Standing Side Plank - Pikes	6			L foot on box/leg bent, R leg straight/foot on carriage, hands on carriage
Snake (on box)	6			L foot on box, R leg crossed over
<i>Start with Side 1 Leg Side Squat Press on Side 2 & continue flow</i>		1 medium & 1 light		Start on L side of machine
Low Squat Row/Pulses	10	1 medium		Stand/straddle machine/ facing risers, hold short straps, elbows narrow
Tendon Stretch (Box)	5			Sit on bar/face risers, hands on bar, feet on edge of box
Box Plank - Slide/Tricep Push-up	8			Hands on bar, feet on platform
Back Extensions	8			Hands behind head, legs underneath bar/legs straight, hips on box
Split/Lunge Stretch Combo.	2 each side			R foot on platform, L foot on carriage