

TIFFANY BURKE PILATES

Badass Box Burn Class Notes (Box, Weights)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Pilates V Jumps	10	1 medium	Box	Short box on, hands come onto shoulder blocks feet on footbar
Ankle Jumps	10			
Leg Lowers	10			
Seated Teaser	8			Hands in the straps
Sit-ups	10			Feet under footbar
Side Sit-up	10			
Arm Lowers with Scissors	10			
Clam	10	1 medium, 1 light		Short loop comes over thigh
Donkey Kick	10			
Leg Sweeps	10			
Repeat on the other side working backwards				
Climb a Tree				

Flow One

Exercise	Reps	Springs	Props	Direction
Floor Lunge	10	1 light	Box, weights	Footbar comes down, box comes over the footbar
Floor Lunge with a Row	1 minute			
Row	10			

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Exercise	Reps	Springs	Props	Direction
Flying Lunge	30 seconds			
Side Plank Pike and Tuck	1 minute			
Marching Plank	30 seconds			
Reverse Fly	10			Lay stomach down on box
Lunge with Press	10			One foot up on the shoulder block
Reverse Fly, Shoulder Press, Flamingo, Push-up Combo	1 minute			
Lunge with Leg Lift	30 seconds	1 extra light spring		Flatten box, one foot up on the box
Side Lunge with Step Up	30 seconds			
Repeat on the other side				

Flow Two

Exercise	Reps	Springs	Props	Direction
Bicep Curl	10			
Press-back Hammer Curl	30 seconds			
Stretch Split	3	1 medium		
Hip Flexor Stretch	3			
Repeat on the other side				