

TIFFANY BURKE PILATES

Holy \$hit HIIT (Soft Pilates Ball, Box, Medium & Heavy Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch	2 each way	1 medium	Ball	L long strap on R foot, R leg heavy on bar
1 Leg Lowers/Lifts	6			Hold pegs, bottom leg hovering above bar
1 Leg Circles	3 each way			
Complete Side 2				R long strap on L foot
Abdominal Leg Lowers/Lifts	10			Ball between calves, long straps on feet, hands behind head, c-curve
Tucks/Hip Lifts	10 each			
Abdominal Jumps/Ankle Pops	10 each			Ball between calves, hands behind head/c-curve
Abdominal Jumps/Ankle Pops (Forearms on Carriage)	10 each			Ball between shoulder blades, Pilates V on bar
Side Sit-up	10			Ball underneath L hip, R foot against platform, R leg straight
Side Kneeling Abdominal Tucks	10			R knee against shoulder rest, L knee crossed over, hands on frame/body facing outward, tucking on R side
Center Kneeling Lat Pull	10			
Side Kneeling Abdominal Tucks (Side 2)	10			L knee against shoulder rest
Side Sit-up (Side 2)	10			L side
Jackknife	3-5	2 medium		Hold pegs, headrest down
Knee Sways	8			Table top legs

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Flow I

Exercise	Reps	Springs	Props	Direction
(Floor Section) Frog Jumps	45 sec. on/ 15 sec. rest	Lightest spring	Box	Bar up, headrest down,
Elevated Split Squat/Hammer Curl/Deadlift Combo.	45 sec. on/ 15 sec. rest		Heavy dumbbells	L foot on floor, R foot on box behind you, dumbbells in hands, box flat on floor
Elevated Split Squat/Jump (Hold Strap)	45 sec. on/ 15 sec. rest			Hold long strap both hands elbows wide, same box/leg set up
Squat/Overhead Press (1 Strap)	45 sec. on/ 15 sec. rest			R hand in short strap, wide elbows
Box Step-over/Twist Combo.	45 sec. on/ 15 sec. rest			Move box forward toward bar, face the machine, L foot on box, clasp hands together/elbows wide
Side Step-up/Jump	45 sec. on/ 15 sec. rest			L foot on box,
Step-up/Over/1 Arm Strap Press/Dumbbell Press Combo.	45 sec. on/ 15 sec. rest			Face risers, hold long strap in L hand, L foot on box, dumbbell in R hand
Lunge/Pull/Punch Combo.	10			Long box against machine/on floor, R hand on box, L hand holds top of strap, dumbbell in R hand, L toes against bar
Twisting Pikes	6			Walk feet to the back of the box, hands on carriage, stack feet/drop R hip down to floor as carriage opens
Twisted Plank - Slides	6			
<i>Start with Frog Jumps on Side 2 & continue flow</i>				Box on other side of machine/at the back

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Flow 2

Exercise	Reps	Springs	Props	Direction
(Floor) Plank/Push-up/Swing/1 Arm Overhead Press (1 Dumbbell)	1 minute		Heavy dumbbell (15-20 lbs)	Narrow elbows, 1 dumbbell in L hand
Standing Hammer Curl/Rainbow	45 seconds			Both dumbbells
Kneeling Ab Roller/1 Arm Row	10	1 medium	1 dumbbell	Bar down, knees on carriage/ feet against shoulder rests, dumbbell in L hand, R hand on bar
Kneeling Arms - Circles	6			Bar at middle shelf, hips high, hands in long straps
Kneeling Arms - Tricep Press	10			
Front Split Stretch	2			L foot on bar, hands on bar, R knee down on carriage
<i>Start with Plank/Push-up/Swing/1 Arm Overhead Press (1 Dumbbell) on Side 2 & continue flow</i>				Dumbbell in R hand this time