

# TIFFANY BURKE PILATES

## AAA Fire

(Soft Pilates Ball, Box, Ankle Weights, Med-Heavy Dumbbells)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Abdominal Leg Lowers/Lifts</b>	10	1 light	Ankle weights, ball	Hands behind head/c-curve, ankle weights on, ball between knees,
<b>100's Breathing</b>	Full set			Reach arms forward
<b>Tucks/Hip Lifts</b>	10 each			Hands behind head
<b>1 Leg Tucks - Elbow to Knee</b>	8			L leg hovers above bar, R long strap on R foot/leg tucks - L elbow to R knee
<b>1 Leg Tucks - Elbow to Knee (Side 2)</b>	8			R elbow to L knee
<b>Riser Hold - Alt. Marching/Toe Taps</b>	30 sec.	No springs		Hold risers, table top legs, tap toes to floor
<b>Riser Hold - Double Knee Tuck/Roll Up</b>	30 sec.			
<b>Jackknife</b>	3			
<b>Control Balance</b>	30 sec.			
<b>Side Sit-up</b>	10	1 light		Hands behind head, L hip at ball/shoulder rests, R leg straight/foot against platform
<b>Side Lying Leg Sweep/Leg Lifts</b>	10 each			L forearm at headrest, long strap on R foot, L leg bent on carriage, R leg straight
<b>Side Kneeling Donkey Press</b>	10			L knee on carriage, L forearm on carriage, R hand on top of shoulder rest, knee facing side/in the air
<b><i>Start with Side Sit-up on Side 2 &amp; continue flow, ending with Side Kneeling Donkey Press</i></b>				

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## Flow

Exercise	Reps	Springs	Props	Direction
<b>Kneeling Forearm Plank - Pikes</b>	6	No springs	Box, ankle weights	Short box on top of frame near the bar, forearms on box, knees on carriage
<b>Full Forearm Plank - Tucks</b>	6			Feet on carriage
<b>Butt Buster</b>	10			R forearm on box, L hand behind head, L knee on carriage, L leg extended above headrest
<b>Side Forearm Plank - Tucks</b>	6			R forearm on box, knees/toes facing side
<b>Center Full Plank - 1 Leg Pikes</b>	6			L foot starts on floor, R foot on carriage/L leg hangs
<b><i>Work Backwards - Start with 1 Leg Pikes on Side 2 &amp; continue flow, ending with Butt Buster</i></b>				
<b>Reverse Flying Lunge/Kick</b>	30 sec.	No springs	Box, ankle weights	Take straps off, place box on frame against the risers, face the risers, hands on box, L foot on carriage toward bar, R foot on floor to start
<b>1/2 Kneeling Leg Lifts</b>	10			L forearm on box, L knee on carriage, R leg extended
<b>Rainbow Arabesque Hip Dip</b>	30 sec.			Rainbow leg
<b>Repeat Butt Buster</b>	30 sec.			No rainbow leg
<b>Snake on Box</b>	6			Hands on box/facing R side, R foot/turned to R, L leg crossed over on carriage
<b>Side Box Lunge/Pull</b>	10			L foot on box, R foot on carriage/inside of leg against shoulder rest
<b>Front Box Lunge</b>	10			Facing the risers
<b>Alt. Push-up/Pike Combo.</b>	30 sec.			Hands on box, feet on carriage

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Exercise	Reps	Springs	Props	Direction
<i>Work Backwards - Start with Front Lunges on Side 2 &amp; continue flow, ending with Reverse Flying Lunge/Kick</i>				
<b>Seated Shoulder Press</b>	10	1 light	Ankle weights, heavy dumbbells, box, light dumbbells on carriage/in front of shoulder rests	Short box in the same place, feet on headrest
<b>Seated Bicep Curls</b>	10			
<b>Tricep Dip/Hamstring Pull Combo.</b>	30 sec.			L foot on carriage, R leg crossed over L leg, lift hips, hands on top of box
<b>Repeat Seated Shoulder Press &amp; Bicep Curl</b>	10 each			
<b>Tricep Dip/Hamstring Pull Combo. (Side 2)</b>	30 sec.			R foot on carriage, L leg crossed over R leg
<b>Cat/Cow - 1 Leg Tuck</b>	10			R knee centered on box, hands against shoulder rest, L leg moving behind you
<b>Kneeling 1 Arm Bend/Stretch</b>	10			Narrow elbow, L hand on shoulder rest, R hand on box
<b>Kneeling 1 Arm Reverse Fly</b>	10		1 med. dumbbell	
<i>Start with Cat/Cow - 1 Leg Tuck on Side 2 &amp; continue flow, ending with Kneeling 1 Arm Reverse Fly</i>				
<b>Alt. Tippy Bird/Tricep Push-up - Leg Sweep</b>	30 sec.	1 light		Start with R knee on box, hands on shoulder rests, L leg sweeps around
<b>Kneeling Side Warrior Lunge/ Inner Thigh Pull</b>	10			Face the R side, L knee on box/parallel, R foot on carriage/knee & toes outward
<b>1 Arm Reverse Fly</b>	10		1 med. dumbbell	
<b>Front Lunge/Hamstring Pull</b>	10			Face the foot bar, hinge body forward on lunge, L knee down on box behind you

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Exercise	Reps	Springs	Props	Direction
<i>Work Backwards - Start with Front Lunge/Hamstring Pull on Side 2 &amp; continue flow, ending with Kneeling Side Warrior Lunge/Inner Thigh Pull</i>				
Front Lunge Stretch	3	1 medium		R foot on bar, L knee down, L foot against shoulder rest
Front Lunge Stretch (Side 2)	3			L foot on bar