

TIFFANY BURKE PILATES

Burn Box Baby (Box, Light, Med & Heavy Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps -Frogs -Dolphin Tail -Circles (both ways) -Short Spine	6-8 each	1 med & 1 heavy		Feet in short straps

Flow I

Exercise	Reps	Springs	Props	Direction
Side Lying Lat Press	10	1 medium	Box, 1 of each dumbbell, ball	Long box on carriage - box on L side if you're looking at the risers, 1 med or heavy dumbbell sitting on the carriage or headrest, hand on headrest/L hip on box, ball underneath L side of ribs, R hand in long strap
Side Sit-up	10			Hook R leg underneath bar, hands behind head
Side Lying 1 Arm Shoulder Press	10			Heavy dumbbell in R hand
Center Plank - 1 Forearm/ 1 Straight Arm with Dumbbell	10			L hand on box, feet on platform, R hand on med. dumbbell/on carriage
Center Plank - Renegade Row	6			
Bent Over Row	10		Heavy dumbbell in R hand	R foot on carriage, L knee on box, shin over bar, dumbbell in R hand
Kneeling Overhead Press	10			
Kneeling Lat Pull	10			Hands & knees on carriage/ facing risers

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Exercise	Reps	Springs	Props	Direction
Kneeling Twisting Row	10			R hand in long strap, elbow narrow, R foot stays on carriage
1 Arm Reverse Cleopatra	10	1 light		Face the side, L leg bent on carriage, R foot on headrest, R hand in long strap, palm facing side wall, L hand on box, light dumbbells on platform ready to go
Horseback (with dumbbells) Just arms	6 4		Light dumbbells	Wiggle feet back, face the bar, hands in long straps, dumbbells in hands
Down Stretch	6	No springs		Hands on bar, knees on box
Full Plank - Pikes	10			Feet on box, hands on bar
<i>Start with Side Lying Lat Press on Side 2 & continue flow, ending with Full Plank - Pikes</i>		1 medium		Move box to the R side slightly to set up dumbbell on the carriage

Flow II

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling Leg Circles	5 each way	1 light	Box	Hands/knees on carriage facing the risers, R foot in short strap, heavy dumbbell on headrest
Weighted Reverse Lunges/ Carriage Slides	10 each		Heavy dumbbells	Body facing risers, dumbbells in both hands/arms straight, R foot on carriage, L foot on bar
Side Lying Clam/Circles	10 clams 5 circles each way	1 medium & 1 light		Short box in front of shoulder rests, lying on L forearm & hip, short strap above R knee
Can Opener	10			R heel against box, hands on bar, L toes tap floor
<i>Start with 4 Pt. Kneeling Leg Circles on Side 2 & continue flow, ending with Can Opener</i>		1 light		Scout box slightly to the R side,
Climb a Tree	3			Box behind shoulder rests, hook 1 foot in front strap

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Exercise	Reps	Springs	Props	Direction
Quad Stretch	3	No Springs		R knee on carriage, L hand to R foot
<i>Work Backwards - Start with Quad Stretch & complete Climb a Tree on Side 2</i>	3 each			