

TIFFANY BURKE PILATES

Holy Hamstrings Heat

Reformer, Box, Ball, Light and Medium Dumbbells

Cleo Warmup

Exercise	Reps	Springs	Props	Direction
Cross Leg Stretch Sequence: Cross Over Lowers Circles (Repeat on the other leg)	3 6 3	1 Medium	Long Strap	Lying supine on the carriage. Opposite strap on foot.
Abdominal Leg Lowers	10		Soft Pilates Ball	Lying supine on the carriage. Long loops over the feet with the ball between the ankles.
100's	10			
Tucks	10			
Side Sit Up	10		Soft Pilates Ball	Side Lying with the ball under the bottom waistline.
Side Lat Pull	10			Side Lying with the ball under the bottom waistline. Hand in the long loop.
Cleopatra	6		No props	
Start over from the side sit up to complete the flow on other side.				

Holy Hamstrings Part 1:

Set Up: Box on the front frame between the foot bar and the carriage. 1 X light spring. Light DB's on the platform and 1 Medium DB on the box.

Exercise	Reps	Springs	Props	Direction
Pike to Pushup	6	1 X Light		Hands on the box and feet on the carriage. Facing the foot bar.
Prone Reverse Fly	10		Light DBs	Lying supine on the box.
Side Over Head Reach	10		Med DBs	Side recline on the box.
Seated Isolated Bicep Curl	10		Med DBs	Seated on the box facing the carriage.
Seated Strap Pull and Twist	10	1 X Light		

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Exercise	Reps	Springs	Props	Direction
Snake	6	1 X Light	No Props	
Start over from the beginning				
Tricep Press	10		Med DBs	
Tendon Stretch	10		No Props	

Holy Hamstrings Part 2

Set Up: Box on the front frame between the foot bar and the carriage. NO SPRINGS. 1 Medium DB on the box

Exercise	Reps	Springs	Props	Direction
Back Kneeling Lunge Combo	10	NO	1 Medium DB	1 knee on the box with the other foot on the carriage.
Slides	10			
Back Low Standing Skater	8-10		NO	
Side Kneeling Combo	10	NO	1 Medium DB	1 knee on the box with the other foot on the carriage.
Slides	10			
Side Kneeling Pike Tucks	6			
Side Pike Tucks on Toes	6			
Start over from the beginning to complete the flow on the other side.				

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