

TIFFANY BURKE PILATES

Jump Jam

Reformer, medium & Heavy DBs, Box and Soft Pilates Ball

Core Jam

Exercise	Reps	Springs	Props	Direction
Abdominal Leg Lowers	10	1 Light Spring	Soft Pilates Ball	Long loops over feet, ball between ankles and hand behind the head.
100's Breathing	10			
Tucks	10			
Abdominal Jumps #1	10			
Riser / Jackknife Combo	6			
Abdominal Jumps #2	10	1 Light Spring	Soft Pilates Ball	Ball between shoulder blades
Single Leg Supine Jumps	10	1 Heavy Spring		
Side Single Leg Jumps	10 (2 sets)			
Donkey Strap Kick	10			
Back Kneeling Single Leg Jumps	10 (2 sets)			
Mad Crunches	10			
Reverse the order to complete the flow on the other side.				

Leg Jam

Exercise	Reps	Springs	Props	Direction
Standing Front Well Split Squat	10	0	Medium DBs	Box on the carriage in the short box mode.
Squat Hold, Reverse Fly	10			
Seated Single Leg Jump	10	1 Heavy		
Front Carriage Leg Push / Alternating Hammer Curls	10	1 Heavy	Medium DBs	
Side Carriage Push	10		No DB	
Back Carriage Push	10	1 Heavy	Medium DBs	
Squat Hold, OH Reach	10			

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Exercise	Reps	Springs	Props	Direction
Side Kneeling Box Jumps	10	1 Med / 1 Light		
Back Kneeling Box Jumps				
Clam Series Clam, Kick Back, Circles	10 each			
Seated Isolated Bicep Curl	10	1 Light	Heavy DB	
High Kneeling OH Reach	10			
Low Kneeling Arm Jump	10			
Climb a Tree	3			
Start over on the other leg to complete the flow.				

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