

# TIFFANY BURKE PILATES

## Naughty Butt Nice HIIT 24

Equipment needed: Reformer, box, soft pilates ball, 10 - 15lb. hand weights, and booty band

### Nice Flow

Exercise	Reps	Springs	Props	Direction
<b>Feet In Straps:</b> <b>Dolphin Tail</b> <b>Circles</b> <b>Frogs</b> <b>Zippers</b>	6-8 each variation	1 Medium 1 Heavy	NO	Lying Supine on the carriage with feet in the short loops.
<b>Shortspine</b>	6			
<b>Coordination (classical)</b>	6			Hands in the long loops
<b>Jackknife (classical)</b>	6			

### Naught Butt Flow (Setup: Box on the floor lined up with the carriage. Light spring to start)

Exercise	Reps	Springs	Props	Direction
<b>HIIT Sequence</b> <b>1. Burpee Combo:</b> <b>OH Reach, Push up, Row, Bear to Donkey</b> <b>2. OH Reach</b> <b>3. Booty Band Side Walk</b> <b>4. OH Reach</b>	1. 1 min 2. 10 reps 3. 1 min 4. 10 reps		Medium - Heavy Hand weights	Floor work
<b>Double Leg Reverse Curl (no ball)</b>	10		Box	Lying supine on the box facing the back of the reformer with the strap over the inside knee.
<b>Side Sit Up with the Ball</b>	10		Box and ball	Side lying facing away from the reformer with the ball under the hip.
<b>Side Leg Tuck</b>	10		Box	Side lying facing away from the reformer with hand on the floor.
<b>Kneeling Donkey Tuck</b>	10		Box	3 point kneeling with the strap over the outside knee.
<b>1 Leg Plank Pushup</b>	6		Box	Hands on the box, feet on the floor.
<b>Plank Side Leg Tuck</b>	10			

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Exercise	Reps	Springs	Props	Direction
Box Side Tucks	10		Box	Hands on the box, feet on the carriage. Shoulders, hips, knees and toes facing the carriage.
Foot Bar Snake	6-8			Hands on the foot bar and feet on the carriage.
<b>Set Up Change: Box in the front of the reformer Slightly shifted to the side. X Light Spring.</b>				
Skater Lunge w/ weights	10	1 X Light	Box and weights	Facing the reformer with 1 foot on the box and 1 foot on the front of the carriage.
Box Curtsy w/ Bicep Curl	10			
Side Skater Combo (HIIT)	1 Minute			
Front Box Lunge	10			
Box Curtsy w/ Hammer Curl	10			
Front Lunge Combo (HIIT)	1 Minute			Facing the front of the reformer with 1 foot on the box and 1 foot on the front of the carriage.
Flying Box Lunge	10			
<b>Start over from the HIIT Sequence to complete the flow on the other side of the body.</b>				

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