

# TIFFANY BURKE PILATES

## No Props Big Shakes

### Core Shake

Exercise	Reps	Springs	Props	Direction
Single Leg Scissor / Helicopter	8	1 Medium	No	Lying supine on the carriage with long strap over the foot.
Single Leg Short Spine				
Abdominal Leg Lowers	10			Long loops over both feet. Hands behind head, lifted into the C-curve.
Abdominal Tucks	10			
Boomerang / Teaser	6			Hands in the long loops.
Side Teaser Tuck	6			Hand in the long loop.
Cross Leg Oblique Carriage Tucks	10			Kneeling facing the back of the reformer. Left knee crossed behind the left knee.
Cleopatra	6			
Start over from the beginning on the other leg to complete the flow.				

### Leg Shake

Exercise	Reps	Springs	Props	Direction
Kneeling Strap Donkey Kick	10	1 Medium	NO	
Standing Inner Thigh Leg Pull				
Standing Sumo Squat Carriage Push				
Standing Side Carriage press				
Standing Back Carriage Press				
Oh My Quad Press				
Side Speed Skater #1				
Side Speed Skater #2				

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Exercise	Reps	Springs	Props	Direction
Start over from the beginning on the other leg to complete the flow.				

## Upper Body Shake

Exercise	Reps	Springs	Props	Direction
<b>Elbow Plank Slides</b>	10	1 Light Spring	No	Elbow on the carriage with toes on the platform.
<b>Side Elbow Plank Slides</b>	6			
<b>Side Elbow Thread the Needle</b>	6			
<b>Side Elbow Twist</b>	6			
<b>1/2 Kneeling Lat Pull</b>	8			Right foot on the headrest with left knee on the carriage. Left hand in the long loop.
<b>Standing Lat Pull</b>	8			Right foot on the headrest with left foot on the carriage. Left hand in the long loop.
<b>Side Standing Strap Pull</b>	8			Wide foot stance with the left hand in the long loop.
<b>Curtsey Strap Pull</b>	8			Left foot on the carriage with the right crossed behind. Left hand in the long loop.
<b>Arabesque Strap Pull</b>	6			
<b>Balance Kneeling Arms</b>	6			
Start over from the beginning on the other leg to complete the flow.				

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