

TIFFANY BURKE PILATES

Slow Cooker

Equipment Needed: Reformer, ball and medium to heavy hand weights.

Upper Body Cooker

Exercise	Reps	Springs	Props	Direction
Low Ball Scissors / Helicopter	8 on side one	1 Medium	Ball	Lying supine on the carriage with the ball under the hips and the long loop over the right foot.
Low Ball Coordination	10			
Low Ball Scissors / Helicopter	8 on side two			Ball under the hips with hands holding mid strap.
Abdominal Leg Lowers and Tucks	10 each			Ball between the ankles with the long loops over the feet.
Abdominal Jumps	10			Ball between the ankles with feet on the foot bar.
Side Sit Up	10			Side lying with the ball under the bottom waistline.
Side Over Head Reach	10		Ball and 1 heavy DB	
Side Mermaid Lat Pull	10 each		Strap	Side lying with the ball under the bottom waistline and hand holding the long strap.
Floating Teaser	6		Ball	Lying supine facing the back of the reformer with the ball between the knees.
Mad Crunches	10			
Cross Leg Oblique Carriage Pull	10			
Reverse Mermaid Strap Reach	10		Strap	
3 Point Kneeling Bicep Curl / Tricep Pushup	6		Strap	
Single Arm Down Stretch	8	1 Light		
Bear Pushup / Twist Kick	6-8			
Side Kneeling: Long Arm Pull	8			

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Exercise	Reps	Springs	Props	Direction
Side Kneeling: Pocket Book	8			
Start over from the side sit up on the other side to complete the flow.				

Main Cooker

Exercise	Reps	Springs	Props	Direction
Carriage Straddle Tricep Pull	10	1 Medium		Straddling the carriage facing the foot bar. Hands on the shoulder blocks.
Carriage Straddle Lat Pull	10			
Bent Over Reverse Fly	10		Medium DBs	
Floor Lunge / Strap Tricep Combo	10		Strap	1 foot on the floor with the other foot on the carriage against the shoulder block. Outside hand holding the long loop strap.
OH MY QUAD Upright Press MJ Lean Back Pulses	10 ea,	1 Medium & 1 Light		
Straddle Burner Rows Flying Carriage Jumps Sumo Squat Pulse Heel Lifts Repeat All	10	1 Medium		Straddling the carriage facing the back of the reformer.
Forearm Plank Slides	10			
Alternating Kicks	30 sec			
Start over from the Floor Lunge, finishing with the OH MY QUAD on the other side to finish the flow. End with a stretch.				

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