

TIFFANY BURKE PILATES

Flamingo Coretastic

Warm up:

Exercise	Reps	Springs	Props	Direction
Scissors Series: Scissors / bicycle / short spine	30 sec each variation	1 Light		Lower risers and foot bar is down to start. Right strap on the arch of the right foot.
Leg Lowers	10		Ball	Both straps on feet. Ball between the ankles.
Jackknife	6		Ball	
Corkscrew	3 each direction		Ball	
Repeat the Scissor series on the other leg				
Side Sit Up	10			
Lat Pull	10			
Side Teaser	6			
Side Teaser / Side Plank Combo	5			
Bear Lat Pull	6			
Bear Tricep	6			
Bear Combo	5			
Reverse Mermaid Reach	10			
Down Stretch / Tricep Combo	6-8			
Center Swan Dive	6			
Side Swan Dive	6			
Cleopatra	6			
Start over from the side sit up to complete the warm up on the other side.				

TiffanyBurkePilates.com

Content may not be copied, reproduced, transmitted, distributed, downloaded or transferred in any form or by any means without Tiffany Burke's prior written consent, and with express attribution to Dynamic Pilates TV. Copyright infringement is a violation of federal law subject to criminal and civil penalties.

TIFFANY BURKE PILATES

Flamingo Coretastic

Exercise	Reps	Springs	Props	Direction
Box Centered:				
Snake with Knee Drop	6			
Twist	6			
Leg Cross Kick / Flamingo	6			
Box Against the Shoulder Blocks:				
Mermaid Reach / High Knee Tuck	10			Strap in the top hand
Leg Tuck with Upper Body Twist	10			Strap over the top leg
Pikes:				Foot bar up / facing the foot bar
Cross Kick Lunge / Flamingo	6			Feet on the carriage
Flamingo Box: Center Flamingo Arabesque Leg Circle	6 each variation			Right foot on the box
Start over at the beginning to complete the flow on the other side.				

TiffanyBurkePilates.com

Content may not be copied, reproduced, transmitted, distributed, downloaded or transferred in any form or by any means without Tiffany Burke's prior written consent, and with express attribution to Dynamic Pilates TV. Copyright infringement is a violation of federal law subject to criminal and civil penalties.