

TIFFANY BURKE PILATES

No Springs Big Gains

Equipment: Reformer, box, medium and heavy dumbbells

Quick Warmup

Exercise	Reps	Springs	Props	Direction
Feet in Straps: Dolphin Tail Lowers Circles Zippers Frogs, pulses		1 Medium 1 Heavy		Lying supine on the carriage with feet in the short loops
Shortspine				
100's				Lying supine on the carriage with hands in the long loops
Coordination				
Jackknife				

No Springs Big Gains: CORE

Setup: Box on the front frame with no springs. Medium (5-10 lbs) DBs on the platform

Exercise	Reps	Springs	Props	Direction
Side Lying Single Arm Lateral Open/ OH Reach with	10	0	Medium DB	Side seated on the box with bottom hand on the platform and DB in the top hand.
Prone Wide Row	10		Medium DBs	Lying supine on the box, facing the foot bar.
Side Plank Sequence: Keeling Twist Tucks (toes) Snake	5-10			
Leg Lowers				
Reverse the order finishing with the Leg Lowers to complete sequence				

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

Exercise	Reps	Springs	Props	Direction
Front Carriage Planks: Kneeling Tucks Kneeling Slides	10			Facing the back of the reformer. Kneeling on the box, hands on the carriage.
Side Carriage Planks Kneeling Tucks Kneeling Slides Twist	10			
Other Side				
Center Pikes from toes	10			Toes on the box and hands on the carriage.

No Springs Big Gains / Lunge Burner

Setup: Box on the front frame with no springs. Medium (5-10lbs) DBs on the carriage and 1 heavy DB on the box

Exercise	Reps	Springs	Props	Direction
Kneeling Back Lunge with Wide Row	10			Right knee on the box and left foot on the carriage.
Slides	10			
Standing Back Lunges	6-10			Right foot on the box and the left foot on the carriage.
Side Kneeling Lateral Bend (hands on head)	10			
Side Kneeling Lunge Combo (row to OH reach up)	10			
Front Kneeling Leg Sweep	10			Facing the box. Right knee on the carriage. Left leg extended out to the side. Both elbows on the box.
Front Box Lunges	10			Right foot on the carriage with the Left foot on the box.
Pike to Pushup Combo	6			

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

Exercise	Reps	Springs	Props	Direction
Start over from the Kneeling Back Lunge to complete the flow.				
Front Box Stretches				

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.