

TIFFANY BURKE PILATES

Short Box Sparkle 2025

Equipment needed: Reformer, Box and Medium DBs.

Set Up: Short box mode, 1 Medium spring, DBs on headrest, foot bar up.

Upper Body Sparkle

Exercise	Reps	Springs	Props	Direction
Side Lying Leg Sweeps	10	1 Medium	Box & Long Loop	Side lying on the box with the long loop over the top legs foot. Hand on the headrest.
Leg Tucks	10			
Climb a Tree	3			Seated on the box, facing the foot bar. Foot under the front safety strap.
Center Roll Down	10			Both feet under the safety strap.
Side Reaches	10			Seated facing the side with the bottom leg tucked under the hips and the top foot under the safety strap.
Side Sit Up	10		Medium DB	DB in the top hand
Mermaid Strap Reach	6		Strap	
Side Sit Up Combo	45 Sec			
Reverse Fly	10		Medium DBs	Lying prone the box, facing the back of the reformer.
Start Over to complete the flow on the other side.				

Sparkle Legs and Core:

Exercise	Reps	Springs	Props	Direction
Reverse Lunge w/ wide row	10	1 Light	Medium DBs	
Reverse Lunge Slides w/ Hammer Curls	10			
Low Standing Donkey Kicks	10			Low standing on the carriage with the long strap over the foot and hands on the box.

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Exercise	Reps	Springs	Props	Direction
Low Standing Lat Pulls	10			Low standing on the carriage with the long strap over in 1 hand and the other hand on the box.
Forearm Plank Slides	10			Elbows on the box and feet on the platform or foot bar.
Side Forearm Plank Slides	6			Elbows on the box and feet on the platform or foot bar, facing the side.
Steady Side Plank Hold w/ OH Reach	6		Medium DB	
Reverse Kneeling Arms: -DB Bicep Curls -Strap "W" Arms	10 each		2 Medium DBs	Kneeling on the box facing the back of the reformer.
Side Kneeling Renegade Row	10			3 Point Kneeling
Side Kneeling Strap TTN	10			
Clam: -Side Sweeps -Donkey -Circles	10	1 Medium 1 Light		Side lying on the box, facing the back of the reformer.
Rainbow Legs	10	1 Light		
Start over on the other side to complete the flow.				

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