

TIFFANY BURKE PILATES

Box Burn Vibes

(Soft Pilates Ball, Box, Ankle Weights, Med-Heavy Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Abdominal Leg Lowers/Lifts	10	1 light	Ankle weights, ball	Hands behind head/c-curve, ankle weights on, ball between knees,
100's Breathing	Full set			Reach arms forward
Tucks/Hip Lifts	10 each			Hands behind head
1 Leg Tucks - Elbow to Knee	8			L leg hovers above bar, R long strap on R foot/leg tucks - L elbow to R knee
1 Leg Tucks - Elbow to Knee (Side 2)	8			R elbow to L knee
Riser Hold - Alt. Toe Taps	30 sec.	No springs		Hold risers, table top legs, tap toes to floor
Riser Hold - Double Knee Toe Tap / Hip Lift	30 sec.			
Jackknife	6			
Control Balance	30 sec.			
Side Sit-up	10	1 light		Hands behind head, L hip at ball/shoulder rests, R leg straight/foot against platform
Side Lying Leg Sweep/Leg Lifts	10 each			L forearm at headrest, long strap on R foot, L leg bent on carriage, R leg straight
Side Kneeling Donkey Kick	10			L knee on carriage, L forearm on carriage, R hand on top of shoulder rest, knee facing side/in the air
<i>Start with Side Sit-up on Side 2 & continue flow, ending with Side Kneeling Donkey Press</i>				

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Box Buster Lower Body

Exercise	Reps	Springs	Props	Direction
Kneeling Forearm Pikes	6	No springs	Box, ankle weights	Short box on top of frame near the bar, forearms on box, knees on carriage
Full Forearm Tucks	6			Feet on carriage
Butt Buster	10			R forearm on box, L hand behind head, L knee on carriage, L leg extended above headrest
Side Forearm Tucks	6			R forearm on box, knees/toes facing side
Center Full Pike / Single Leg Toe Dip	6			L foot starts on floor, R foot on carriage/L leg hangs
<i>Work Backwards - Start with 1 Leg Pikes on Side 2 & continue flow, ending with Butt Buster</i>				
Set Up Change				Back Frame Set Up:
Reverse Flying Lunge/Kick	30 sec.	No springs	Box, ankle weights	Take straps off, place box on frame against the risers, face the risers, hands on box, L foot on carriage toward bar, R foot on floor to start
1/2 Kneeling Back Kick	10			L forearm on box, L knee on carriage, R leg extended
Rainbow Arabesque Kick Back Scooter	30 sec.			Rainbow leg
1/2 Kneeling Side Leg Kick	10			No rainbow leg
Rainbow Arabesque Kick Side Scooter	30 sec			
Side Box Kneeling Captain Morgan	10			L knee on box, R foot on carriage.
Front Kneeling Lunges	10			
Kneeling Plank Slides	30 sec.			Hands on carriage, knees on the box.
Side Box Lunge	10			Right foot on the box, left foot on the carriage.

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Exercise	Reps	Springs	Props	Direction
Snake on Box	6			Hands on box/facing R side, R foot/turned to R, L leg crossed over on carriage
<i>Start over from the Reverse Flying Lunge to complete the Leg flow.</i>				

Box Buster Upper Body

Exercise	Reps	Springs	Props	Direction
Seated Shoulder Press	10	1 light	Ankle weights, heavy dumbbells, box, light dumbbells on carriage/in front of shoulder rests	Short box in the same place, feet on headrest
Seated Bicep Curls	10			
Tricep Dip/Hamstring Pull Combo.	30 sec.			L foot on carriage, R leg crossed over L leg, lift hips, hands on top of box
Repeat Seated Shoulder Press & Bicep Curl	10 each			
Tricep Dip/Hamstring Pull Combo. (Side 2)	30 sec.			R foot on carriage, L leg crossed over R leg
Cat/Cow - 1 Leg Tuck	10			R knee centered on box, hands against shoulder rest, L leg moving behind you
Tippy Bird / Tricep Push Up				
Kneeling 1 Arm Narrow Carriage Pull	10			Narrow elbow, L hand on shoulder rest, R hand on box
Kneeling 1 Arm Reverse Fly	10		1 med. dumbbell	
<i>Start with Cat/Cow - 1 Leg Tuck on Side 2 & continue flow, ending with Kneeling 1 Arm Reverse Fly</i>				
Front Lunge Stretch	3	1 medium		R foot on bar, L knee down, L foot against shoulder rest
Front Lunge Stretch (Side 2)	3			L foot on bar

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