

# TIFFANY BURKE PILATES

## Coming in Hot Box

Equipment: Reformer, box and medium - heavy dumbbells

### Loaded Leg Heat

Exercise	Reps	Springs	Props	Direction
Foot Bar Roll Up	10	All	Medium DBs	Seated on the carriage with legs over the foot bar.
Teaser / Over Head Reach	10			
Chest Fly	10			Lying supine on the carriage.
Footwork w/ blue ball	10		Ball	Ball between the knees.
Chest Fly	10		Medium DBs	Lying supine on the carriage.
Bridge w/ ball and DBs 3 sets	10	1 Medium 1 Heavy	Ball and DBs	Ball between the knees and DBs on the hips.
Feet in Straps Dolphin Tail Circles Zippers Frogs Shortspine	30 seconds each variation			Feet in the straps
Move onto the next flow				

### Coming in Hot Box

Exercise	Reps	Springs	Props	Direction
FLOOR:				
Standing Warrior Strap Reach	8-10	1 X Light		Standing next to the reformer on the floor. Facing the reformer.
Standing Tricep Press				Standing next to the reformer on the floor. Facing the front.
Tricep Box Arm Jump				Standing next to the reformer on the floor. Facing the front with the working hand on the box.
BOX:				
Reverse Mermaid Star Tuck	10	1 Light		Side Lying on the reformer with the working hand in the long loop.

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Exercise	Reps	Springs	Props	Direction
<b>FLOOR:</b>				
Split Squat Strap Pull				
Split Squat Box Jump				
<b>BOX:</b>				
Kneeling Leg Drop / Tuck	10	NO SPRINGS		Kneeling on the box with hands on the foot bar.
Kneeling Pikes	6			
Kneeling Down Stretch	6			
Side Kneeling Hip Drop	10			
Fish Dive	5			
Roll Back	10	1 Medium		Seated on the box, facing the foot bar with the legs under the foot bar.
Side Sit Up	10			
Mermaid Strap Pull	10			
<b>SIDE CAR BOX:</b>				
Curtsey Lunge	10	1 X Light	Heavy DB	Box on the floor next to the reformer, lined up with the carriage. Right foot on the box, left foot against the shoulder block. Left hand holding a DB.
Side Box Lunge / Wide Row	10			Facing away from the reformer. Right foot on the box and left foot on the carriage. Left hand holding a Heavy DB
Foot bar / Box Lunge Combo Split Squat / Strap pull Dead Lift	10 each			
Start over from the beginning of the flow on the other side to complete the flow.				

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