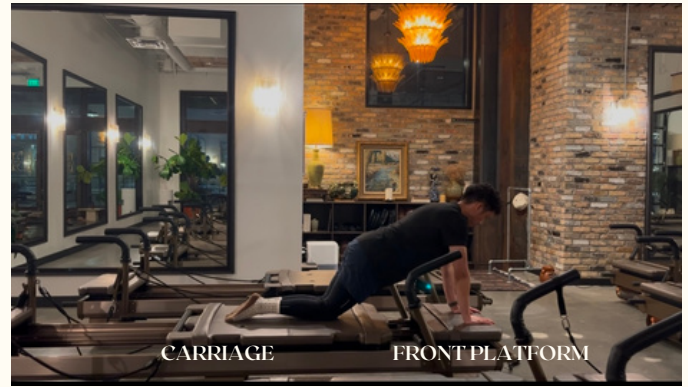


CORE EXERCISES



Seal

In the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: perform a Flying Seal on your toes instead of your knees)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring; or perform a Flying Seal on your toes instead of your knees)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: perform a Flying Seal on your toes instead of your knees)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: perform a Flying Seal on your toes instead of your knees)

- Setup (how to get into position)
 - Starting on the carriage facing the front platform.
 - Forearms down on the front platform with your hands all the way forward
 - Knees all the way forward to the edge of the carriage, legs and feet together (shins down)
 - Lower the hips down and back into a modified plank position.
 - Lightly lift your hips and engage your core.
- Execution (how to perform the exercise)
 - Inhale as you slide the carriage back, shoulders behind your elbows
 - Exhale as you slide forward with a little momentum and press through both your palms to lift off your forearms and onto only your hands
 - Inhale as you slowly lower down to both your forearms into your modified plank position
- DO NOT
 - DO NOT disengage your core and arch your back while performing the exercise.
- Challenge(s)
 - Holds and Pulses
 - Lower the forearms halfway
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)