



### Back Boomerang

In the back, facing the carriage

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

- Setup (how to get into position)
  - Standing in the well facing the front platform.
  - Pull the carriage in to place one of your feet under the back carriage strap.
  - Hands grab onto the back black handlebars to place your other foot under the back carriage strap
  - Lift yourself up through your hands and bring your upper body into an upright position with your legs and feet together
  - Slight bend in your elbows.
- Execution (how to perform the exercise)
  - Exhale as you drive your hips up and back as far as you can.
  - Inhale as you lower down and forward slowly (hips stop in line with your wrists)
- DO NOT
  - DO NOT swing the hips back quickly
    - (Think of someone with a pitchfork in front of you, slowly inching in towards your belly button, and you're drawing back slowly to avoid it from poking you).
- Challenge(s)
  - Tricep Dips
    - Go back into the starting position in an upright position
      - pulse down 2 inches bending the elbows and pulse up 2 inches pressing through your palms to lengthen the arms