

CORE EXERCISES



Back Reverse Ab Wheel

At the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: bend your knees under your hips and keep them there throughout the exercise)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or bend your knees under your hips and keep them there throughout the exercise)

(Intensification: 3 grey springs)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: move your hands back, closer to the front platform; or bend your knees under your hips and keep them there throughout the exercise)

(Intensification: go slower)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: bend your knees under your hips and keep them there throughout the exercise)

(Intensification: 2 blue springs)

- Setup (how to get into position)
 - Starting on the carriage facing the back platform, kick to the back platform and grab the back platform strap
 - Tuck your knees against the back carriage strap, legs and feet together (shins down)
 - Hands on the back platform
 - Shins and tops of your shoe laces down on the moving carriage
 - Slight bend in the elbows, looking down and slightly forward
 - Lower your hips down and back so your spine is in a diagonal line and engage the core
- Execution (how to perform the exercise)
 - Inhale as you open the carriage, shoulders move back and away from the hands
 - Exhale as you pull the carriage in, shoulders come forward above the hands
 - Note: Nothing moves except your shoulders going back and forward

CORE EXERCISES

Back Reverse Ab Wheel

At the back, facing back

- DO NOT
 - DO NOT lock out your elbows or tuck the chin into your chest
 - (Locking your elbows can cause wrist pain and tucking the chin restricts your breathing)
 - DO NOT arch your back or cross your legs/feet
 - DO NOT let the shoulders go past the wrist when coming forward
 - (Shoulders going over and past the wrists may cause wrist pain)
 - DO NOT allow the upper middle back to collapse (AKA: Scapular Winging)
- Challenge(s)
 - Holds and pulses
 - Move the carriage halfway back
 - pulse in 2 inches and back 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)