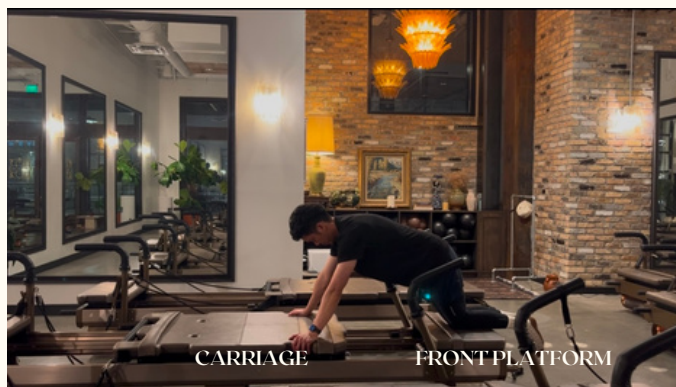
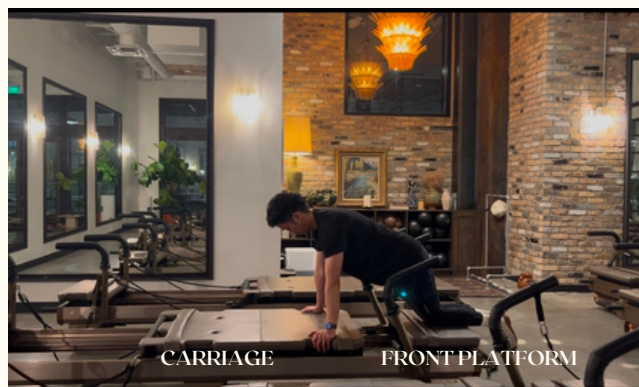


CORE EXERCISES



Reverse Ab Wheel

At the Front, facing the back

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 spring)

- Setup (how to get into position)
 - Starting on the front platform facing the carriage
 - Hands on the carriage
 - Knees on the front platform, legs and feet together
 - Slight bend in the elbows, looking down and slightly forward
 - Lower your hips down and forward so your spine is in a diagonal line and engage the core
- Execution (how to perform the exercise)
 - Inhale as you push the carriage out, hands move out and away from the shoulders
 - Exhale as you pull the carriage in, hands come in under the shoulders
 - Note: Nothing moves except your hands going out and in

CORE EXERCISES

Reverse Ab Wheel

At the Front, facing the back

- DO NOT
 - DO NOT lock out your elbows or tuck the chin into your chest
 - DO NOT arch your back or cross your legs/feet
 - DO NOT let the hands come in and past the shoulder when coming in
 - DO NOT allow the upper middle back to collapse (AKA: Scapular Winging)
- Challenge(s)
 - Holds and pulses
 - Push the carriage halfway out
 - pulse in 2 inches and back 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)