



Reverse Seal

In the front, facing back

[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 front platform facing the carriage.
 - Forearms down on the carriage and knees on the front platform (legs and feet together)
 - Lower the down and forward 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 forward, elbows go forward in front of shoulders
 - Exhale as you slide inward 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)