



Back Panther

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 0 white springs; or perform a Well Lunge)

(Intensification: 2 white springs; or hold the sides of the carriage closer to the center)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or hold the sides of the carriage closer to the center)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

(Intensification: hold the sides of the carriage closer to the center)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: hold the sides of the carriage closer to the center)

- Setup (Getting into position)
 - Start at the back platform, facing the carriage
 - Pull the carriage in and hold the sides of the moving carriage with your hands.
 - Position your toes on the back platform, with legs and feet together.
 - Lengthen forward into a plank or push-up position.
 - Maintain a slight bend in your elbows.
 - Lightly lift your hips and engage your core.
- Execution (Perform the exercise)
 - Exhale as you bend your knees under your hips to move the carriage back
 - Inhale as you lengthen your legs to move the carriage forward

Back Panther

At the back, facing front

- DO NOT
 - DO NOT swing in with your arms as you bend the knees.
- Challenge(s)
 - Holds and pulses
 - Bend your knees forward halfway
 - pulse forward 2 inches and back 2 inches (easier)
 - pulse back 2 inches and forward 2 inches (harder)