

CORE EXERCISES



Back Saw

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 0 white springs)

(Intensification: 2 white springs; or move the forearm on the carriage closer to the center)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey spring)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: 2 blue springs; or move the forearm on the carriage closer to the center)

- Setup (how to get into position)
 - Start on the back platform, facing the carriage
 - Pull the carriage in and tuck your knees against the back platform strap, legs and feet together
 - Place your forearms over and against the back carriage strap, palms facing up (harder) or down (easier).
 - Lower your hips 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 lengthen your arms and slide the carriage out
 - Exhale as you bend your elbows to slide the carriage in
 - Note: You're holding a modified plank on your knees, and the only movement should come from your forearms and hands moving out and in

Back Saw

At the back, facing front

- DO NOT
 - DO NOT let your elbows pass in and under your shoulders as you close the carriage
 - DO NOT arch your back.
 - DO NOT cross your legs/feet.
- Challenge(s)
 - Holds and pulses
 - Open the carriage halfway out
 - pulse in 2 inches and back 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)

Note: If in proper form and you start to experience lower back or hip discomfort, perform a crunch to “actively” rest your core