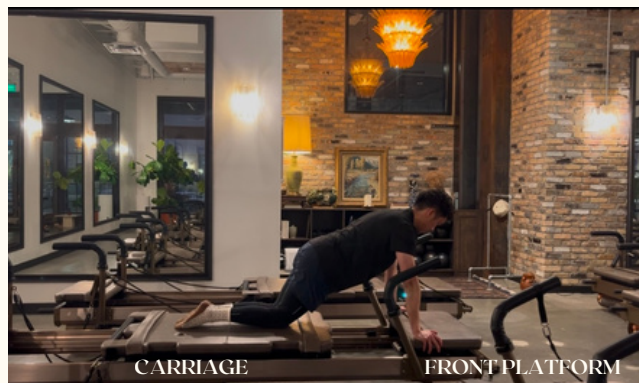


## CORE EXERCISES



### Ab Wheel

At the front, facing front

[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 springs)

- Setup (how to get into position)
  - Starting on the carriage facing the front platform
  - Hands on the front platform
  - Knees all the way forward to the edge of the carriage, legs and feet together
  - 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 push the carriage back, 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

### Ab Wheel

At the front, facing front

- DO NOT
  - DO NOT lock out your elbows or tuck the chin into your chest
  - DO NOT let the shoulders go past the wrist when coming forward
  - DO NOT allow the upper middle back to collapse (AKA: Scapular Winging)
- Challenge(s)
  - Holds and pulses
    - Push the carriage halfway back
      - pulse in 2 inches and back 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)