



Back Seated Serve the Platter

Sitting on the back platform, facing away from the carriage

[Xformer]

(Standard: 1-2 white springs)

(Modification: 1 white spring)

(Intensification: 2-3 white springs; or single arm)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or single arm)

[Allegro 2]

(not applicable because there is no back platform or cables)

[Evo Reformer]

(Standard: 1 blue spring)

(Intensification: 2 blue springs; or single arm)

- Setup (how to perform the exercise)
 - Start by sitting on the back platform facing away from the carriage
 - Grab the short hard cables under the handlebars
 - Bring your arms to your sides with your palms facing up
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you bring your hands forward and up towards your shoulders
 - Inhale as you lower your elbows and then the hands back to your sides
- DO NOT
 - DO NOT arch your back
 - (this may be due to not engaging the core or if it's too heavy of a spring load)
- Challenge(s)
 - Holds and pulses
 - Bring your arms halfway up and forward
 - pulse down and in 2 inches (easier)
 - pulse forward and up 2 inches (harder)

Note 1: Although it may feel light, each exercise is 1.5 – 2 minutes long with 2-3 exercises sequenced