



Angel

On the carriage, facing the front platform

[Xformer]

(Standard: 2-3 white springs)

(Modification: 3-4 white springs)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: 1 yellow + 1 blue spring)

(Intensification: bring the legs into a teaser position instead of a tabletop position)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: 1 yellow + 1 blue spring)

(Intensification: 1 blue spring)

- Setup (how to get into position)
 - Sit in the middle of the carriage facing the front platform.
 - Pick up the long black straps hanging on the side of the carriage & hold them by the short hard handles.
 - Lean back to a 45° angle, engage your core, and bring both arms forward in front of the chest like you're hugging someone
 - Lift one leg up at a time into tabletop position, keeping knees and legs together.
- Execution (how to perform the exercise)
 - Inhale as you open your arms out (stopping before you're about to lose sight of your hands in your peripheral view).
 - Exhale as you pull the cables forward as if you are hugging someone in front of you.
- DO NOT
 - DO NOT round your back and tuck your chin in towards your chest.
- Challenge(s)
 - Holds and pules
 - Bring your arms forward halfway
 - pulses back 2 inches and forward 2 inches (easier)
 - pulses forward 2 inches and back 2 inches (harder)