



### Reverse Boomerang\_

In the front, facing back

[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 blue spring)

(Modification: 1 red spring)

(Intensification: 1 yellow spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

- Setup (how to get into position)
  - Stand on the front platform facing carriage
  - Hands on the very top of the black handlebars.
  - Feet underneath the front carriage strap with heels down and toes up (legs and feet together).
  - Send the carriage forward with your upper body upright and legs long and extended.
  - Slight bend in your elbows.
- Execution (how to perform the exercise)
  - Exhale as you drive your hips up and back as far as you can.
  - Inhale as you lower down and forward slowly (hips stop in line with your wrists)
- DO NOT
  - DO NOT swing the hips back quickly
    - (Think of someone with a pitchfork in front of you, slowly inching in towards your belly button, and you're drawing back slowly to avoid being poked).
- Challenge(s)
  - Tricep Dips
    - Go back into the starting position in an upright position
      - pulse down 2 inches bending the elbows and pulse up 2 inches pressing through your palms to lengthen the arms