



Reverse Panther

At 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 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)
 - Start on the front platform, facing the carriage.
 - Hold the sides of the carriage with your hands.
 - Position your toes on the front platform, legs and feet together.
 - Lengthen out into a plank or push-up position.
 - Maintain a slight bend in your elbows.
 - Lightly lift your hips and engage your core.
- Execution (Perform the exercise)
 - Exhale as you bend your knees under your hips to move the carriage back
 - Inhale as you lengthen your legs to move the carriage forward

Reverse Panther

At the front, facing back

- DO NOT
 - DO NOT swing in with your arms as you bend the knees.
- Challenge(s)
 - Holds and pulses
 - Bend your knees forward halfway
 - pulse in 2 inches and out 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)