



Back Reverse Twisted Ab Wheel

[left oblique]

At the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs; or keep the knees under the hips the entire exercise)

(Intensification: 2 white springs; or hold the side of the back platform further away)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey springs; or keep the knees under the hips the entire exercise)

(Intensification: 3 grey spring; or hold the side of the back platform further away)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: or keep the knees under the hips the entire exercise)

(Intensification: 1 blue spring; or hold the side of the back platform further away)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: or keep the knees under the hips the entire exercise)

(Intensification: 2 blue springs; or or hold the side of the back platform further away)

- Setup (how to get into position)
 - Start on the carriage facing the back platform, and kick to the back platform, grabbing onto the back platform strap.
 - Tuck your knees against the carriage strap with your hands on the sides of the back platform
 - Swing your feet to the left, stacking your knees with a slight bend in the elbows
 - Lower your hips down and back so your spine is in a diagonal line and engage your core
 - Note: For those who have tight hips, stacking the knees may be uncomfortable. "Knees side by side with both knees touching the carriage" is the modification
- Execution (how to perform the exercise)
 - Inhale as your shoulders move back behind the hands moving the carriage back
 - Exhale as you pull forward, shoulders move forward stopping above your hands
- DO NOT
 - DO NOT lock out your elbows or tuck your chin into your chest.
 - DO NOT let the wrists go in and under past the shoulders when coming back in.
 - DO NOT allow the low back to arch and collapse.
- Challenge(s)
 - Holds and Pulses
 - Move the carriage halfway back
 - pulse in 2 inches and back 2 inches (easier)
 - pulse back 2 inches and in 2 inches (harder)