

## CORE EXERCISES



### Back Reverse Saw

At the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: 0 white springs)

(Intensification: 2 white springs; or move the knees on the carriage closer to the center)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: 2 blue springs; or move the knees on the carriage closer to the center)

- Setup (how to get into position)
  - Start on the carriage facing the back platform, kick to the back platform and grab the back platform strap
  - Forearms down on the back platform, palms facing up (harder) or down (easier).
  - Knees against the carriage strap with legs and feet together.
  - Your shins and tops of your shoelaces should be down
  - Lower your hips and drop your knees back into a modified plank position.
  - Lightly lift your hips and engage your core.
- Execution (how to perform the exercise)
  - Inhale as you lengthen your arms and slide your shoulders back behind your elbows to open the carriage
  - Exhale as you bend your elbows to close the carriage, bringing your shoulders above your elbows
  - Note: You're holding a modified plank on your knees, and the only movement should come from your shoulders moving back and forward

# CORE EXERCISES

## Back Reverse Saw

At the back, facing back

- DO NOT
  - DO NOT let your shoulders pass your elbows as you come forward.
    - (This may cause shoulder irritation or pain)
  - DO NOT arch your back.
    - (Your hips should be slightly lifted, core engage, and your back flat in tabletop)
  - DO NOT cross your legs/feet.
- Challenge(s)
  - Holds and pulses
    - Open the carriage halfway back
      - pulse in 2 inches and back 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)

Note: If in proper form and you start to experience lower back or hip discomfort, perform a crunch to “actively” rest your core