

CORE EXERCISES

Flying Ab Wheel

Flying Ab Wheel [Non-Xformer: 1 gray spring; 2 gray springs to modify]

At the front, facing front

(Standard: 1 white spring)

(Modification: 2 white springs)

CARRIAGE

FRONT PLATFORM

Setup

- Starting on the carriage facing the front platform
- Hands on the front platform
- Toes on the first white line of the moving carriage, legs and feet together
- Slight bend in the elbows
- Look down and slightly forward
- Lightly lift your hips
- Engage the core

Execution

- Inhale as you push the carriage back
- Exhale as pull the carriage in

Do Not:

- DO NOT Lock out your elbows or tuck the chin into your chest
- DO NOT Arch your back
- DO NOT Let the shoulders go past the wrist when coming forward
- DO NOT Allow the upper middle back to collapse

Modifications:

- Move your toes forward to the edge of the moving carriage
- Add a 2nd white spring for support

Variations:

- Push-ups, Holds / Pulses, Wheel Down

Challenge: Move your toes back towards the center of the carriage or go slower