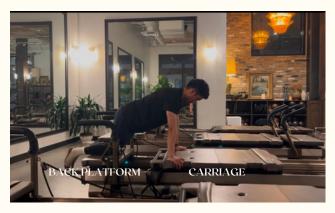## Back Ab Wheel
At the back, facing forward

[Xformer]
(Standard: 1 white spring)
(Modification: bring your hips above your knees and keep them there for for the whole exercise)
(Intensification: 2 white springs)

[Megacore]
(Standard: 2 grey springs)
(Modification: 1 grey spring; or bring your hips above your knees and keep them there for for the whole exercise)
(Intensification: 3 grey springs)

[Allegro 2]
(Standard: 1 yellow spring)
(Modification: bring your hips above your knees and keep them there for for the whole exercise)
(Intensification: go slower)

[Evo Reformer]
(Standard: 1 blue spring)
(Modification: bring your hips above your knees and keep them there for for the whole exercise)
(Intensification: 2 blue springs)

- Setup (how to get into position)
  - Starting on the back platform facing the carriage
  - Pull the carriage in and tuck your knees against the back platform strap, legs and feet together
  - Hands on the carriage
  - Slight bend in the elbows, looking down and slightly forward
  - Lower your hips down and forward so your spine is in a diagonal line and engage the core

- Execution (how to perform the exercise)
  - Inhale as you open the carriage, hands move out and away from the shoulders
  - Exhale as you pull the carriage in, hands come in under the shoulders
  - Note: Nothing moves except your hands going out and in

Back Ab Wheel
At the back, facing forward

- DO NOT
  - DO NOT lock out your elbows or tuck the chin into your chest
    - (Locking your elbows can cause wrist pain and tucking the chin restricts your breathing)
  - DO NOT arch your back or cross your legs/feet
  - DO NOT let the hands come in and past the shoulder when coming in
    - (Shoulders going over and past the wrists may cause wrist pain)
  - DO NOT allow the upper middle back to collapse (AKA: Scapular Winging)

- Challenge(s)
  - Holds and pulses
    - Move the carriage halfway out
      - pulse in 2 inches and back 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)