

ABDOMINAL EXERCISES



Back Seated Crunch

At the back, facing forward

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs)

(Intensification: 2 white springs)

[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)

- Setup (how to get into position)
 - Start at the back platform, facing the carriage
 - Sitting on the back platform with your feet in the well, pull the carriage in and put both feet underneath the back carriage strap, keeping your knees and legs together.
 - Lean back halfway and lengthen your legs to slide the carriage out.
 - Engage your core with your arms straight out and diagonally toward the ceiling.
- Execution (how to perform the exercise)
 - Exhale as you bend your knees and lift the chest reaching forward to close the carriage
 - Inhale as you lengthen your legs and lean back halfway to open the carriage

ABDOMINAL EXERCISES

Back Seated Crunch

At the back, facing forward

- DO NOT
 - DO NOT crunch forward with your neck or round your shoulders.
 - (Keeping your shoulder blades squeezed together, it will help prevent rounded shoulders)
- Challenge(s)
 - Arm Raises
 - Lean halfway back and legs halfway extended
 - slowly raise your arms up and slowly lower them down

Note: Do not teach this exercise first during your Ab/Core Block. We need to warm up the rectus abdominis and transverse abdominis