



Reverse Angel

On the carriage, facing the back platform

[Xformer]

(Standard: 2-3 white springs)

(Modification: 2 white springs)

(Intensification: 3-4 white springs)

[Megacore]

(Standard: 3 grey springs)

(Modification: 2 grey springs)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: 1 yellow spring)

(Intensification: 1 yellow + 1 blue spring; or bring the legs into a teaser position instead of a tabletop position)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Sit in the middle of the carriage facing the back platform.
 - Pick up the long black straps hanging on the sides of the moving carriage, cross them like an "X," and re-hold them once crossed by the short hard handles.
 - Lean back to a 45° angle, engage your core, and pull both cables wide apart with slight bends in your elbows.
 - Lift one leg up at a time over the crossed cables into tabletop position, keeping knees and legs together.
- Execution (how to perform the exercise)
 - Inhale as your arms come together in front of your chest
 - Exhale as you pull the cables wide apart
- DO NOT
 - DO NOT round your back and tuck your chin in towards your chest.
- Challenge(s)
 - Holds and pulses
 - Pull the cables apart halfway
 - pulse forward 2 inches and back 2 inches (easier)
 - pulse back 2 inches and forward 2 inches (harder)