



Back Reverse Panther

At the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: 0 white springs)

(Intensification: 2 white springs; or hold the sides of the back platform further away from the springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or hold the sides of the back platform further away from the springs)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

(Intensification: move the short box further away from the frame)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: hold the sides of the back platform further away from the springs)

- Setup (Getting into position)
 - Start on the carriage, facing the back platform.
 - Kick to the back platform and hold the sides of the back platform with your hands.
 - Get up onto your toes on the moving carriage, placing them behind the back carriage strap
 - Lengthen your legs to hold a plank push-up position.
 - Maintain a slight bend in your elbows.
 - Lightly lift your hips and engage your core.
- Execution (Perform the exercise)
 - Exhale as you bend your knees forward under your hips to move the carriage forward
 - Inhale as you lengthen your legs back to slide the carriage out.

Back Reverse Panther

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- DO NOT
 - DO NOT swing in with your feet as you bend the knees.
- Challenge(s)
 - Holds and pulses
 - Bend your knees forward halfway
 - pulse back 2 inches and forward 2 inches (easier)
 - pulse in 2 inches and back 2 inches (harder)