

CORE EXERCISES

FLYING Saw

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
- Forearms down on the front platform, palms up or down
- Toes on the first white line of the moving carriage, legs and feet together, holding a forearm plank
- Lightly lift your hips
- Engage your core

Execution

- Inhale as you lengthen your arms to slide the carriage back
- Exhale as you bend your elbows to slide the carriage forward
- You're holding a plank on your toes and the only thing that is moving are your arms lengthening and bending to slide in and out

Do Not:

- DO NOT Let the shoulders pass the elbows as you come forward
- DO NOT Arch your back

Modifications:

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

Variations:

- Holds / Pulses
- Flying Seal

Challenge:

- Move your toes back towards the second white line of the moving carriage
- Go slower