



Twisted Ab Wheel

[left oblique]

At the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 spring)

- Setup (how to get into position)
 - Starting on the carriage facing the front platform
 - Hands on the sides of the front platform and knees behind the carriage strap, legs and feet together
 - Swing your feet to the left, stacking your knees, with a slight bend in the elbows
 - Lower your hips down and back so your spine is in a diagonal line, engage your core
- Execution (how to perform the exercise)
 - Inhale as you push the carriage back, shoulders go back behind the hands.
 - Exhale as you pull the carriage in, shoulders go forward stopping above you hands
- DO NOT
 - DO NOT lock out your elbows or tuck your chin into your chest.
 - DO NOT let the wrists go in and under past the shoulders when coming back in.
 - DO NOT allow the low back to arch and collapse
- Challenge(s)
 - Holds and Pulses
 - Move the carriage halfway back
 - pulse in 2 inches and back 2 inches (easier)
 - pulse back 2 inches and in 2 inches (harder)