

CORE EXERCISES



Saw

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)

- Setup (how to get into position)
 - Start on the carriage, facing the front platform.
 - Forearms down on the front platform, palms facing up (harder) or down (easier).
 - Knees all the way forward on the carriage with legs and feet together (shins & shoelaces down)
 - Lower your hips and drop your knees back into a modified plank position.
 - Lightly lift your hips and engage your core.
- Execution (how to perform the exercise)
 - Inhale as you lengthen your arms and slide your shoulders back behind your elbows to open the carriage
 - Exhale as you bend your elbows to close the carriage, bringing your shoulders above your elbows
 - Note: You're holding a modified plank on your knees, and the only movement should come from your shoulders moving back and forward

CORE EXERCISES

Saw

At the front, facing front

- DO NOT
 - DO NOT let your shoulders pass your elbows as you come forward and do not arch your back
- Challenge(s)
 - Holds and pulses
 - Open the carriage halfway back
 - pulse in 2 inches and back 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)

Note: If in proper form and you start to experience lower back or hip discomfort, perform a crunch to “actively” rest your core