Hi Panther

In the front, facing the 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 springs)

- Setup (Getting into position)
    - Start on the carriage, facing the front platform.
    - Place your hands on the very top of the front black handlebars.
    - Position your toes all the way forward on the moving carriage, with legs and feet together.
    - Lift your hips to bring your back into a tabletop position.
    - Maintain a slight bend in your elbows and engage your core

- Execution (Perform the exercise)
    - Exhale as you bend your knees forward to move the carriage forward
    - Inhale as you lengthen your legs back to move the carriage back without dropping your hips

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- DO NOT
    - DO NOT lengthen your legs so far back that you break the tabletop position.
    - DO NOT lock out your elbows.
    - DO NOT let your shoulders go forward past your wrists.

- Challenge(s)
    - Holds and pulses
        - Bend the knees forward halfway
        - pulse by bending the knees in 2 inches and back 2 inches (easier)
        - pulse by releasing the knees back 2 inches and forward 2 inches (harder)