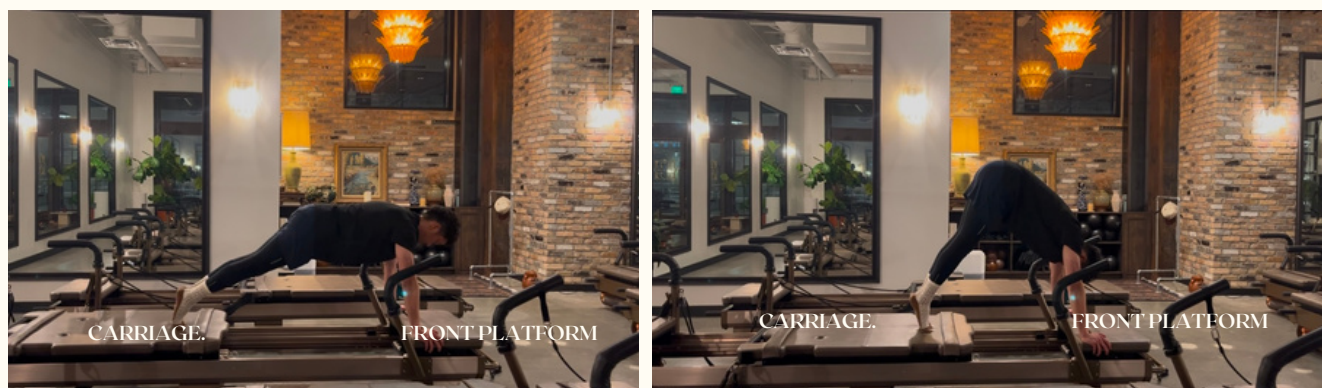


## CORE EXERCISES



### Plank to Pike

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 springs)

- Setup (how to get into position)
  - Start on the carriage facing the front platform.
  - Place your hands on the front platform.
  - Position your toes on front edge of the carriage, keeping your legs and feet together.
  - Slight bend in your elbows, lightly lift your hips and engage your core.
- Execution (how to perform the exercise)
  - Exhale as you lift your belly button up to bring the carriage in, looking at your toes as you rise.
  - Inhale as you slowly lower down to the starting position, returning your gaze down at the platform

# CORE EXERCISES

## Plank to Pike

At the front, facing front

- DO NOT
  - DO NOT swing inwards with your toes as you pike.
  - DO NOT let your shoulder go forward past your wrist.
  - DO NOT lock out your elbows or allow your upper middle back to collapse.
- Challenge(s)
  - Holds and pulses
    - Lift halfway up
      - pulse down 2 inches and up 2 inches (easier)
      - pulse up 2 inches and down 2 inches (harder)

Note: When you're on your toes for an exercise, separating your feet wider is a quick modification