

## CORE EXERCISES



### Reverse Saw

At the front, facing back

[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 front platform, facing the carriage
  - Forearms down on the carriage, palms facing up (harder) or down (easier).
  - Lower your hips down and forward into a modified plank position. (shins and shoelaces down)
  - Lightly lift your hips and engage your core.
- Execution (how to perform the exercise)
  - Inhale as you lengthen your arms and slide the carriage out
  - Exhale as you bend your elbows to slide the carriage in
  - Note: You're holding a modified plank on your knees, and the only movement should come from your forearms and hands moving out and in

### Reverse Saw

At the front, facing back

- DO NOT
  - DO NOT let your elbows pass in and under your shoulders as you close the carriage
  - DO NOT arch your back.
  - DO NOT cross your legs/feet.
- Challenge(s)
  - Holds and pulses
    - Open the carriage halfway out
      - 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