



Back Plank to Pike

At the back, facing the back

[Xformer]

(Standard: 1 white spring)

(Modification: 0 white springs; or perform a Well Lunge)

(Intensification: 2 white springs; or hold the sides of the carriage closer to the center)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or hold the sides of the carriage closer to the center)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

(Intensification: hold the sides of the carriage closer to the center)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: hold the sides of the carriage closer to the center)

- Setup (how to get into position)
 - Start on the back platform facing the carriage.
 - Pull the carriage in and hold the sides of the carriage with your hands
 - Get up onto your toes on the back platform, 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 and send your hips back to move 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 carriage

Back Plank to Pike

At the back, facing the back

- DO NOT
 - DO NOT swing inwards with your hands as you pike.
 - (Using your hands and arms to swing will activate less of the abs/core)
 - DO NOT let your shoulder go forward past your wrist.
 - (Shoulder past and far over the wrists can cause wrist pain)
 - DO NOT lock out your elbows or allow your upper middle back to collapse.
 - (The soft bend in the elbows should activate the triceps more and protect your wrists)
- 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