



## Back Twisted Ab Wheel

[left oblique]

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs; or keep the hips above the knees the entire exercise)

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

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey springs; or keep the hips above the knees the entire exercise)

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

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: keep the hips above the knees the entire exercise)

(Intensification: 1 blue spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: keep the hips above the knees the entire exercise)

(Intensification: 2 blue springs)

- Setup (how to get into position)
  - Starting on the back platform facing the carriage, Pull the carriage in and tuck your knees against the back platform strap
  - Hands on the side of the carriage, slight bend in the elbows
  - Swing your feet to the left, stacking your knees
  - Lower your hips down and forward so your spine is in a diagonal line, engage your core
  - Note: For those who have tight hips, stacking the knees may be uncomfortable. "Knees side by side with both knees touching the back platform" is the modification
- Execution (how to perform the exercise)
  - Inhale as your hands move forward past the shoulders moving the carriage forward
  - Exhale as you pull the carriage in, hands come in under the shoulders.
- DO NOT
  - DO NOT lock out your elbows or tuck your chin into your chest.
  - DO NOT let the wrists go in and under past the shoulders when coming back in.
  - DO NOT allow the low back to arch and collapse.
- Challenge(s)
  - Holds and Pulses
    - Move the carriage halfway out
      - pulse in 2 inches and out 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)