



Reverse Twisted Ab Wheel

[left oblique]

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 spring)

- Setup (how to get into position)
 - Starting on the front platform facing the carriage
 - Hands on the side of the carriage, knees on the front platform, legs and feet together
 - Swing your feet to the left, stacking your knees and slight bend in the elbows
 - Lower your hips down and forward so your spine is in a diagonal line and 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 front platform" is the modification
- Execution (how to perform the exercise)
 - Inhale as you push the carriage out, hands go forward past the shoulders.
 - 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)