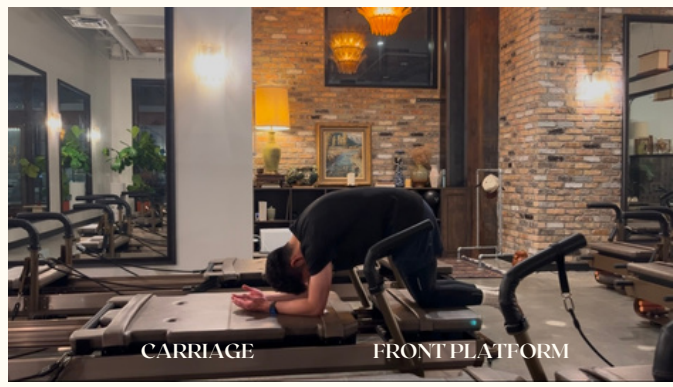
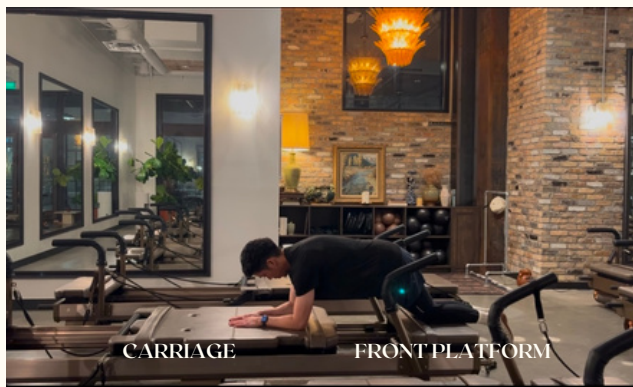


## ABDOMINAL EXERCISES



### Reverse Kneeling Crunch

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 spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 springs)

- Setup (how to get into position)
  - Starting on the front platform facing the carriage
  - Forearms down on the carriage
  - Knees down on the front platform
  - Lower down and forward into a modified plank position
  - Lightly lift your hips and engage your core
- Execution (how to perform the exercise)
  - Exhale as you:
    - Lift your stomach, round your spine
    - Tuck your chin, eyes to thighs
  - Inhale as you:
    - Lower down and back into your modified plank

**TIP:**  
**I PREFER TO TEACH THIS ON ZERO SPRINGS**  
**AND OFFER 1 WHITE SPRING AS A**  
**MODIFICATION**

## ABDOMINAL EXERCISES

### Reverse Kneeling Crunch

At the front, facing back

- DO NOT
  - DO NOT bring the carriage in with your forearms and elbows
    - (Using the forearms and knees is less effective)
  - DO NOT allow your elbows to come in and past your shoulders
    - (This can cause shoulder discomfort)
- Modification(s) (easier)
  - 2 grey springs
- Intensification(s) (harder)
  - 1 white spring
- Challenge(s)
  - Holds and Pulses
    - Crunch halfway up
      - pulse down 2 inches and up 2 inches (easier)
      - pulse up 2 inches, down 2 inches (harder)

Note: Pulses are “up and down” (not “in and out” because people may use their knees, which is less effective)