



Back Bicycle Kicks

[right oblique]

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: perform the exercise with the well floor strap instead of the carriage)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or perform the exercise with the well floor strap instead of the carriage)

(Intensification: 3 grey springs)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: perform the exercise with the well floor strap instead of the carriage)

(intensification: 2 blue springs)

- Setup (how to get into position)
 - Sit on the back platform with your feet in the well facing the carriage
 - Pull the carriage in & place your feet under the back carriage strap, keeping your legs & feet together.
 - Keep the left knee bent and the carriage pulled in towards the back platform.
 - Lengthen the right leg straight out in front of you and bring your hands into a diamond
 - Lean halfway back and squeeze your shoulder blades together to open the chest
 - Twist to the left, connecting your right elbow to your left knee.
- Execution (how to perform the exercise)
 - Inhale as you lengthen your left leg as you bend your right knee and twist to the right, connecting your left elbow to your right knee.
 - Exhale as you bend your left knee, lengthen your right leg, and twist to the left, connecting your right elbow to your left knee.

Back Bicycle Kicks

[right oblique]

At the back, facing front

- DO NOT
 - DO NOT hunch or round your shoulders forward
 - squeezing your shoulder blades together will help keep the shoulders from rounding
- Challenge(s)
 - Holds / Pulses
 - Bend the left knee, lengthen the right leg, and connect your right elbow to your left knee
 - pulse right and away 2 inches and left towards the left knee 2 inches

Note: The oblique that is working is the same side as the leg that is lifted and not underneath the strap