



Oblique Glute Kickback (the alternative exercise for Oblique Sweep)

[right oblique]

On the carriage, facing the back platform

[Xformer]

(Standard: 2-3 white springs)

(Modification: 1 white spring, but you must be careful and go slow)

(Intensification: 3-4 white springs)

[Megacore]

(Standard: 1 black spring)

(Modification: 2 grey springs, but you must be careful and go slow)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: 1 yellow spring, but you must be careful and go slow)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: 1 blue spring, but you must be careful and go slow)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Kneel on the carriage facing the back platform.
 - With your right hand, pick up the long black strap and pull it inward
 - Use your left hand to grab the rope and pull in from the rope to lessen slack out of the long strap
 - Place the long black strap through your right foot and set the knee down onto the carriage
 - Hands and knees wide apart
 - Left hand holds the left side of the carriage and then lift your right knee a few inches above the carriage and turn the foot out slightly to point down and out to a 45 degree angle
 - Maintain a soft bend in your left elbow and engage your core.
- Execution (how to perform the exercise)
 - (holding onto the left side of the carriage with your left hand to stay towards the right side)
 - Exhale as you kick back, pushing your feet against the strap to lengthen your right leg.
 - Inhale as you slowly bend your right knee forward until your knee is to the right side of your hip

Oblique Glute Kickback

[right oblique]

On the carriage, facing the back platform

- DO NOT
 - DO NOT let your left hip lean outwards to the left as you bend and lengthen the target leg.
 - DO NOT lock out your elbow.
- Challenge(s)
 - Leg Circles
 - Extend the right leg out and point your toes
 - draw a continuous circle with your toes clockwise

Note: this exercise is an alternative to “Oblique Sweep”