

Bird Dog

(left oblique)

[Xformer]

(Standard: 1 white spring)

(Modification: 2-3 springs)

(Intensification: 0 white springs)

[Megacore]

(Standard: 2-3 grey springs)

(Modification: 1 black spring)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue springs)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 1 yellow spring)

(Intensification: 0 springs)

Setup

- Start on the carriage facing the front platform
- Hands on the front platform and knees on the front of the carriage (shoulder and hip width apart)
- Push the carriage back 1-2 inches
- Lift up and extend your left arm and then lift up and extend your right leg back

Execution

- Without moving the carriage begin to...
- Exhale as you bend your left elbow and right knee towards your belly button
- Inhale as you lengthen your left arm and right leg

Do Not:

- DO NOT lock out your elbows or hyperextend your back

Variations:

- Holds and Pulses lifting and lowering the arm and the leg