



## Back Nighthawk

[right oblique]

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: perform the exercise with the raised hand down on the carriage without threading the needle)

(Intensification: perform the exercise in side plank position on the feet with legs long and stacked)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or perform the exercise with the raised hand down on the carriage without threading the needle)

(Intensification: perform the exercise in side plank position on the feet with legs long and stacked)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: perform the exercise with the raised hand down on the carriage without threading the needle)

(Intensification: perform the exercise in side plank position on the feet with legs long and stacked)

- Setup (how to get into position)
  - Start on the back platform facing the carriage.
  - Knees together against the back platform strap
  - Come down to your right forearm over and against the back carriage strap and swing your feet off the right side of the back platform, stacking your knees.
  - Left hand up to the sky, looking up at your hand.
- Execution (how to perform the exercise)
  - Exhale as you bring your left arm under your right oblique, lift the right oblique up, bringing the carriage inwards (follow your hands with your eyes and your head)
  - Inhale as you lower right oblique, carriage moves out, and bring your left arm back up to the sky
- DO NOT
  - DO NOT sink your ears into your shoulders.
  - DO NOT drop the bottom hip / oblique.
- Challenge(s)
  - Holds and pulses
    - Thread the needle and lift the oblique halfway up
      - pulse by lowering 2 inches and lifting 2 inches (easier)
      - pulse by lifting 2 inches and lowering 2 inches (harder)