



Torso Twist 1.0

[left oblique]

On the carriage, facing sideways

[Xformer]

(Standard: 2-3 white springs)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 3-4 white springs)

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Kneel on the carriage facing the back platform.
 - With your left hand, pick up the short hard handle of the long black strap and turn to your left.
 - Your right hand will cup the left hand
 - Bring your arms straight out in front of your chest with a slight bend in both elbows.
- Execution (how to perform the exercise)
 - Exhale as you twist the upper half of your body (torso) to the left.
 - Inhale as you slowly untwist to the right, stopping when your hands are directly in front of you.
 - (follow your hands with your eyes and your head)
- DO NOT
 - DO NOT push your right hand into your left to turn, otherwise you're using your upper body
 - DO NOT use your shoulders and arms to twist and turn
 - DO NOT allow the hip closer to the back platform turn towards the front platform when twisting.
 - your hips are like headlights to a car, they stay shining forward
- Challenge(s)
 - Holds / Pulses.
 - Twist 2 inches towards the front platform
 - pulse right 2 inches and left 2 inches (easier)
 - pulse left 2 inches and right 2 inches (harder)