



Oblique Kickback (advanced exercise)

[right oblique]

On the carriage, facing the back platform

[Xformer]

(Standard: 2 white springs)

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

(Intensification: 3 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 forearm down and against the back carriage strap with your right hand holding the right side of the carriage
 - Look over your right shoulder, kick your leg up and back, and bring the left hip in (in line with your left knee)
- Execution (how to perform the exercise)
 - (use your left forearm against the carriage strap and your right hand holding onto the right side of the carriage to keep the left hip above the left knee)
 - Inhale as you slowly bend your right knee towards your chest, stopping when your knee is to the right side of your hip
 - Exhale as you kick up and back, pushing your feet against the strap to lengthen your right leg.

Oblique 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 perform the exercise.
- 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 extremely difficult, so do not teach it to beginners