



## Back Side Plank w/ thread the needle

[right oblique]

At the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: bring the raised hand down onto the carriage)

(Intensification: side plank on the feet with legs long and stacked)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or bring the raised hand down onto the carriage)

(Intensification: side plank on the feet with legs long and stacked)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: bring the raised hand down onto the carriage)

(Intensification: side plank 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 front 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 (follow your hands with your eyes and your head)
  - Inhale as you 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)
  - "Knee to Elbow"
    - Hold your side plank and extend your top arm and top leg out
      - exhale as you bend your elbow to your knee
      - inhale as you lengthen your arm and leg