



Oblique Sweep

[right oblique]

On the carriage, facing the back platform

[Xformer]

(Standard: 2-3 white springs)

(Modification: shorten range of motion)

(Intensification: 3-4 white springs)

[Megacore]

(Standard: 1 black spring)

(Modification: shorten range of motion; or 2 grey springs if you really have to)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: shorten range of motion; or 1 yellow spring if you really have to)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: shorten the range of motion; or 1 blue spring if you really have to)

(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 hand holds the left side of the carriage and then bring your right leg out to the right side of the carriage (wide so your toes barely touch the floor)
 - Maintain a soft bend in your left elbow and engage your core.
- Execution (how to perform the exercise)
 - (holding onto the left side of the carriage with your left hand to stay towards the right side)
 - Exhale as you sweep your right leg back only as high as your flat back
 - Inhale as you slowly lower your right leg down and forward to the side of your body

Oblique Sweep

[right oblique]

On the carriage, facing the back platform

- DO NOT
 - DO NOT let your left hip lean outwards to the left as you sweep your leg back
 - If you cannot control your hips from moving, shorten the range of motion
 - DO NOT lock out your elbow.
- Challenge(s)
 - Leg Circles
 - Extend the right leg out and point your toes
 - draw a continuous circle with your toes clockwise

Note: if this exercise is too difficult, they can perform an “Oblique Glute Kickback” instead