



### Twister

[right oblique]

At the front, facing front

(Note: this exercise is the only crossed-leg exercise on the heel)

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(intensification: 0 springs)

- Setup (how to get into position)
  - Start on the carriage facing the front platform.
  - Place your hands on the front handlebars and your feet at the very front edge of the moving carriage.
  - Lift up your right foot and hook it over your left foot
  - Turn your toes to the left (right heel against the left toes)
  - Lower your down and back into a diagonal line from the shoulders to the feet
  - Slight bend in your elbows, pick up the right shoulder to square it with your left, and engage your core.
- Execution (how to perform the exercise)
  - Exhale as you lift your right oblique to bring the carriage in slowly
  - Inhale as you lower the right oblique and move back into the starting position.

### Twister

[right oblique]

At the front, facing front

- DO NOT:
  - DO NOT swing the carriage in with your feet.
  - DO NOT let your shoulders move forward past your wrists.
- Challenge(s)
  - Holds and pulses
    - Lift the right oblique halfway up
      - pulse down 2 inches and up 2 inches (easier)
      - pulse up 2 inches and down 2 inches (harder)