



### Back Twisted Saw

[right oblique]

At the Back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs; or perform a side kneeling crunch instead)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or perform a side kneeling crunch instead)

(Intensification: 3 grey spring)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs; or perform a side kneeling crunch instead)

(Intensification: 2 blue springs)

- Setup (how to get into position)
  - Starting on the back platform facing the front platform
  - Pull the carriage in and tuck your knees against the back platform strap, legs and feet together
  - Forearms over and against the back carriage strap
  - Lower down and forward into a modified plank and swing your feet off the right side of the back platform, stacking your knees (do not cross your ankles and feet)
  - Lightly lift your hips and engage your core
  - Note: For those who have tight hips, stacking the knees may be uncomfortable. "Knees side by side with both knees touching the back platform" is the modification
- Execution (how to perform the exercise)
  - (Holding a modified plank position with your legs off the right side of the front platform)
  - Inhale as you lengthen your arms to slide the carriage out.
  - Exhale as you bend your elbows to slide the carriage in.
  - You're holding a plank on your knees, and the only thing that moves is your arms lengthening and bending to slide in and out.

### Back Twisted Saw

[right oblique]

At the Back, facing front

- DO NOT
  - DO NOT let your forearms go back and under your shoulders as you move inward.
  - DO NOT lower the hips or arch your back as you slide back.
  - DO NOT cross your ankles and feet
- Challenge(s)
  - Holds / Pulses
    - Slide halfway out
      - pulse in 2 inches and out 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)