



Nighthawk

[right oblique]

At the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: perform the exercise up on the feet with legs long and stacked)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: perform the exercise up on the feet with legs long and stacked)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: perform the exercise up on the feet with legs long and stacked)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: perform the exercise up on the feet with legs long and stacked)

- Setup (how to get into position)
 - Start on the carriage facing the front platform.
 - Knees together at the very front edge of the moving carriage.
 - Come down to your right forearm on the front platform and swing your feet off the right side of the moving carriage, 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, lift the right oblique up, bringing the carriage inwards (follow your hands with your eyes and your head)
 - Inhale as you lower right oblique, carriage moves out, and 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)
 - Holds and pulses
 - Thread the needle and lift the oblique halfway up
 - pulse by lowering 2 inches and lifting 2 inches (easier)
 - pulse by lifting 2 inches and lowering 2 inches (harder)