CARRIAGE   BACK PLATFORM

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Back Dancing Panther
[right oblique]
At the back, facing front

[Xformer]
(Standard: 1 white spring)
(Modification: 0 springs)
(Intensification: 2 white springs)

[Megacore]
(Standard: 2 grey springs)
(Modification: 1 grey spring)
(Intensification: 3 grey spring)

[Allegro 2]
(Standard: 1 yellow spring)
(Modification: 0 springs)
(Intensification: 1 blue spring)

[Evo Reformer]
(Standard: 1 blue spring)
(Modification: 0 springs)
(Intensification: 1 yellow springs)

- Setup (how to get into position)
    - Starting at the back platform facing the front platform
    - Pull the carriage in and hands hold the sides of the carriage
    - Toes on the back platform, legs and feet together
    - Lengthen your legs to push the carriage out, getting into a plank or push-up position
    - Slight bend in elbows, lightly lift hips & engage your core, turn your knees outward towards the left shoulder

- Execution (how to perform the exercise)
    - (Keeping the knees outward facing the left shoulder)
    - Exhale as you bend your knees underneath your hips to move the carriage back
    - Inhale as you lengthen your legs to move the carriage forward
    - Note: pivot on your toes to turn the knees toward your right shoulder and repeat each rep, alternating knees facing each shoulder to work both obliques; or stay with the knees in one direction to target one oblique

Back Dancing Panther
[right oblique]
At the back, facing front

- DO NOT
  - DO NOT swing in and out fast with your toes as you bend your knees and lengthen your legs.
  - DO NOT lift your hips as you bend your knees.
  - DO NOT bend your knees past the hip line, as you will lose tension. (Note: passing the hips isn't wrong. It's provides more range of motion)

- Challenge(s)
  - Holds / Pulses
    - Bend your knees under your hips
      - pulse up 2 inches and down 2 inches