



Back Reverse Dancing Panther

[right oblique]

At the back, facing back

[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)
 - Start on the carriage facing the back platform, and kick to the back platform, grabbing onto the back platform strap.
 - Hands hold the sides of the back platform
 - Toes on the carriage behind the back carriage strap, legs and feet together
 - Lengthen your legs to push the carriage out, getting into a plank or push-up position
 - Slight bend in your elbows, lightly lift your hips, and engage your core
 - Turn your knees outward toward 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 forward
 - Inhale as you lengthen your legs to move the carriage back
 - Note: you can 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

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[right oblique]

At the back, facing back

- 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