



### Back Reverse Bicycle Kicks

[right oblique]

At the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: perform the exercise with the well floor strap instead of the carriage)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or perform the exercise with the well floor strap instead of the carriage)

(Intensification: 3 grey springs)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: perform the exercise with the well floor strap instead of the carriage)

(intensification: 2 blue springs)

- Setup (how to get into position)
  - Sit on the back of the moving carriage with your feet in the well.
  - Walk forward with your feet and grab the back black handlebars to place your feet under the back platform strap, keeping your legs and feet together.
  - Keep the left knee bent and the carriage pulled in towards the back platform.
  - Lengthen the right leg straight out in front of you and bring your hands into a diamond
  - Lean halfway back and squeeze your shoulder blades together to open the chest
  - Twist to the left, connecting your right elbow to your left knee.
- Execution (how to perform the exercise)
  - Inhale as you lengthen your left leg as you bend your right knee & twist to the right, connecting your left elbow to your right knee.
  - Exhale as you bend your left knee, lengthen your right leg, & twist to the left, connecting your right elbow to your left knee.

## Back Reverse Bicycle Kicks

[right oblique]

At the back, facing back

- DO NOT
  - DO NOT hunch or round your shoulders forward
    - squeezing your shoulder blades together will help keep the shoulders from rounding
- Challenge(s)
  - Holds / Pulses
    - Bend the left knee, lengthen the right leg, and connect your right elbow to your left knee
      - pulse right and away 2 inches and left towards the left knee 2 inches

Note: The oblique that is working is the same side as the leg that is lifted and not underneath the strap