



Twisted Saw

[right oblique]

At the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 spring)

- Setup (how to get into position)
 - Starting on the carriage facing the front platform
 - Knees and legs together behind the front carriage strap
 - Forearms down on the front platform
 - Lower down and back into a modified plank and swing your feet off the right side of the carriage, 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 carriage" is the modification
- Execution (how to perform the exercise)
 - (Holding a modified plank position with your legs off the right side of the carriage)
 - Inhale as you lengthen your arms to slide the carriage back.
 - Exhale as you bend your elbows to slide the carriage forward.
 - 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.

Twisted Saw

[right oblique]

At the front, facing front

- DO NOT
 - DO NOT let the shoulders pass your elbows as you move forward.
 - 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 back
 - pulse in 2 inches and back 2 inches (easier)
 - pulse back 2 inches and in 2 inches (harder)