CARRIAGE   FRONT PLATFORM   CARRIAGE   FRONT PLATFORM
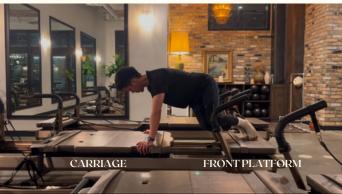
Reverse Dancing Panther
[right oblique]
At the front, facing back

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

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

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

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

- Setup (how to get into position)
    - Starting on the front platform facing the back platform
    - Hands on the sides of the carriage
    - Toes on the front platform, 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 back
    - Inhale as you lengthen your legs to move the carriage forward
    - 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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Reverse Dancing Panther
[right oblique]
At the front, 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