



Bow and Arrow

[right oblique]

Seated on the back platform, facing sideways

(springs: no springs are required for this exercise)

- EXCEPT for the Allegro 2, which i'd have at least 1 blue spring attached. The short box is on top of the carriage
- Setup (how to get into position)
 - Sit at the back platform facing the front platform
 - Turn to your left, sit on your left hip, and set your left leg up onto the back platform, bending it at a 90-degree angle (do not tuck the left leg under your right thigh)
 - Tuck your right foot under the adjustable floor strap in the well
 - Bring your right arm straight and up to the sky with your left hand to your heart
 - Lower down to the left as low as you can hold
- Execution (how to perform the exercise)
 - Exhale as your left hand reaches up to your right hand
 - Bring the left hand back to your heart
 - Then look left towards the floor as you bring your left hand to tap the floor
 - Bring the left hand back to your heart & repeat the process (following your hands with your eyes and your head).
 - Note: Inhale when the hands come down from the reaching position
- DO NOT
 - DO NOT let your shoulders hunch and round forward.
 - DO NOT hook your foot under the floor strap so much that you're activating the right outer leg instead of your right oblique.
 - DO NOT swing upwards
- Challenge(s)
 - Holds / Pulses
 - Meet me as low as you can go, facing forward with your fingers to the side of your head
 - pulse up 2 inches and down 2 inches (squeezing or folding from the right oblique)