



Twisted Forearm Plank to Pike

[side of Carriage] [left oblique]

standing on the left side of the carriage, facing the front platform

[Xformer]

(Standard: 1 white springs)

(Modification: move closer to the front platform)

(Intensification: move further away from the front platform)

[Megacore]

(Standard: 1 grey springs)

(Modification: 1 white spring; or move closer to the front platform)

(Intensification: 2 gray springs; or move further away from the front platform)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: move closer to the front platform)

(Intensification: 1 blue spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: move closer to the front platform)

(Intensification: 1 yellow spring)

- Setup (how to get into position)
 - Start by standing on the left side of the carriage facing the front platform
 - Set your forearms down behind the front carriage strap and move your feet on the floor far back to hold a forearm plank
 - Lift up your left leg and place it over your right leg
 - Toes down and heels lifted
 - Note: for those who have type hips, crossing legs is uncomfortable. Therefore, feet can be side by side and then turn the toes towards the carriage
- Execution (how to perform the exercise)
 - Exhale as you press down your toes into the ground to lift from the left oblique and send your hips back and up to move the carriage.
 - Inhale as you slowly lower down and forward to the starting position.

Twisted Forearm Plank to Pike

[side of Carriage] [left oblique]

standing on the left side of the carriage, facing the front platform

- DO NOT
 - DO NOT swing up and back with your forearms.
- Challenge(s)
 - Holds / Pulses
 - Lift up halfway
 - pulse down and forward 2 inches and up and back 2 inches (easier)
 - pulse up and back 2 inches and down and forward 2 inches (harder)

Note: this is a difficult exercise. do not teach it in a beginner's class