



Back Reverse Twister

[right oblique]

At the back, facing back

(Note: this exercise is the only crossed-leg exercise on the heel)

[Xformer]

(Standard: 1 white spring)

(Modification: turn the handlebars to face the front platform; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(Intensification: move the shoulders behind the wrists instead of on top of the wrists)

[Megacore]

(Standard: 2 grey springs)

(Modification: turn the handlebars to face the front platform; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(Intensification: move the shoulders behind the wrists instead of on top of the wrists)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: turn the handlebars to face the front platform; legs and feet are side by side if there is tightest around the hips or it feels uncomfortable)

(intensification: move the shoulders behind the wrists instead of on top of the wrists)

- Setup (how to get into position)
 - Start on the carriage facing the back platform, and kick to the back platform, grabbing onto the back platform strap.
 - Place your hands on the back handlebars and stand up on the carriage with your feet behind the carriage strap
 - Lift up your right foot and hook it over your left foot
 - Turn your toes to the left (right heel against the left toes)
 - Lower your down and back into a diagonal line from the shoulders to the feet
 - Slight bend in your elbows, pick up the right shoulder to square it with your left, and engage your core.
 - Note 1: For those who have tight hips, crossing the legs may be uncomfortable. "Legs and feet together side by side with toes turned to the left is the modification
 - Note 2: Not everyone can maintain a flat foot
- Execution (how to perform the exercise)
 - Exhale as you lift your right oblique to bring the carriage in slowly
 - Inhale as you lower the right oblique and move back into the starting position.

Back Reverse Twister

[right oblique]

At the back, facing back

- DO NOT:
 - DO NOT swing the carriage in with your feet.
 - DO NOT let your shoulders move forward past your wrists.
- Challenge(s)
 - Holds and pulses
 - Lift the right oblique halfway up
 - pulse down 2 inches and up 2 inches (easier)
 - pulse up 2 inches and down 2 inches (harder)

Note: Twister is the only standing oblique exercise with heels down