



Twisted Plank to Pike

[right oblique]

At the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs; or move up top with hands on the handlebars)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey spring)

(Modification: 3 grey springs; or move up top with hands on the handlebars)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring; or move up top with hands on the handlebars)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 1 yellow spring; or move up top with hands on the handlebars)

(Intensification: 0 springs)

- Setup (how to get into position)
 - Starting on the carriage facing the front platform
 - Hands down on the front platform and toes on the front edge of the carriage
 - Push the carriage back and get into a plank or push-up position
 - Lift up your right foot and hook it over your left foot
 - Turn your toes to the left and lift both your heels
 - Lift the right shoulder to square it with the left shoulder
 - Slight bend in your elbows and engage your core
 - Note 1: Whichever oblique faces the floor is the target oblique. If it's the right oblique that's the target, that means the right leg crosses over and the right shoulder needs to be lifted.
 - Note 2: For those who have tight hips, crossing the legs may be uncomfortable. "legs and feet side by side with toes turned to the left" is the modification
- Execution (how to perform the exercise)
 - Exhale as you lift the right oblique up, looking at your toes as you rise.
 - Inhale as you slowly lower down to the starting position.
 - Note: You want to look at your toes as you go up and look down at your platform as you go down to keep your neck in line with your spine.

Twisted Plank to Pike

[right oblique]

At the front, facing front

- DO NOT
 - DO NOT swing in with your toes as you pike.
 - DO NOT let your shoulders go forward past the wrists.
 - DO NOT lock out your elbows.
- Challenge(s)
 - Holds and pulses
 - Lift halfway up
 - pulse down 2 inches and up 2 inches (easier)
 - pulse up 2 inches and down 2 inches (harder)