



### Chest Expansion

Kneeling on the carriage, facing the back platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
  - Start by kneeling on the carriage facing the back platform
  - Grab the long black straps located on the sides of the carriage
  - Bring your arms and hands by your sides, palms facing back
  - Engage your core
- Execution (how to perform the exercise)
  - Exhale as you press through your palms to bring your hands back as far as you can
  - Inhale as you bring your hands forward, stopping by your sides
    - Note: You can allow the hands to pass the hips if your intention is more range of motion
- DO NOT
  - DO NOT use your trapezius (traps) (neck muscles between your shoulders)
  - DO NOT tuck your chin into your chest
  - DO NOT round your shoulders forward
- Challenge(s)
  - Holds and pulses
    - Bring your arms and hands back halfway
      - pulse forward 2 inches and back 2 inches (easier)
      - pulse back 2 inches and forward 2 inches (harder)