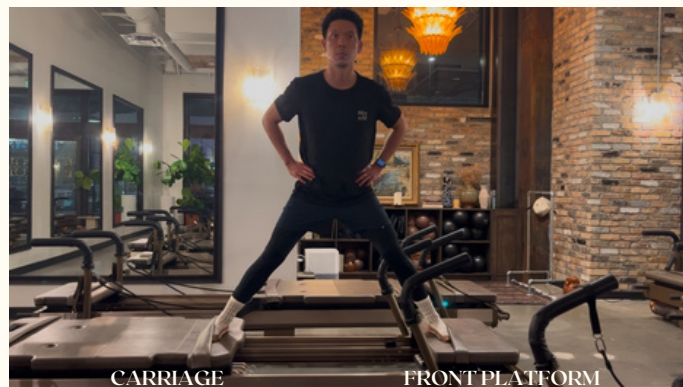


## LIGHT LEG EXERCISES



### Standing Inner Thighs

[left leg]

In the front, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 springs)

- Setup (how to get into position)
  - Start by standing on the front platform, facing forward, and then turn to the right
  - Place your feet under and in between the front platform strap and carriage strap
  - Push the carriage out hip width apart with slight bends in both knees
  - Arms can be on your hips, behind your back, or outwards like wings
- Execution (how to perform the exercise)
  - Inhale as you begin to evenly separate your feet and legs apart, keeping your weight centered
  - Exhale as you squeeze both inner thighs equally to close the carriage stopping when your feet are hip width apart

### Standing Inner Thighs

[left leg]

In the front, facing sideways

- DO NOT
  - DO NOT use your leg on the carriage more than the one on the platform
  - DO NOT go so far that you have trouble coming back in
  
- Challenge(s)
  - Holds / Pulses
    - Open the carriage halfway
      - pulse in 2 inches and out 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)