

UPPER BODY EXERCISES



Alligator Jaw

[right cable crossed over the left]

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 backwards
 - Grab the long black straps located on the sides of the carriage and cross the right cable over the left
 - Re-hold the cables by the short hard handles in their newly crossed position
 - Bring your hands in front of you wide apart like you're holding a big steering wheel, engage your core
- Execution (how to perform the exercise)
 - (Pull from your knuckles back, palms face forward as you pull)
 - Exhale as you pull the cables apart, with your left hand going over your left shoulder and your right hand going down and back to the right (looking over your right shoulder)
 - Inhale as you bring your hands forward as you look forward until your hands are holding the big steering wheel again
- DO NOT
 - DO NOT bring your hands together so close that you lose tension in the cables
- Challenge(s)
 - Lateral Tricep Extension
 - Pull the cables apart looking forward
 - Keeping your arms open, inhale as you bend your elbows, hands to your armpits
 - Exhale as you pull the cables apart using your knuckles

Note: you MUST teach this twice; different cable crossed over the other each time