



Back Kneeling Chest Expansion

at the back platform, facing the carriage

[Xformer]

(Standard: 1-2 white springs)

(Modification: 1 white spring)

(Intensification: 2-3 white springs; or single arm)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or single arm)

[Allegro 2]

(not applicable because there is no back platform or cables)

[Evo Reformer]

(Standard: 1 blue spring)

(Intensification: 2 blue springs; or single arm)

- Setup (how to perform the exercise)
 - Start by kneeling on the back platform facing the front platform
 - Grab the short hard cables underneath the handlebars, bringing your hands by your hips (palms facing backwards)
 - Bring your hands to the side of your hips, palms facing backwards
 - Roll the shoulders back and down and engage your core
- Execution (how to perform the exercise)
 - Exhale as you press through your hands against the short hard handles to bring the cables back behind your hips
 - Inhale as your arms and hands move forward to the side of your hips
- DO NOT
 - DO NOT arch your back
 - DO NOT tuck your chin
- Challenge(s)
 - Holds and pulses
 - pull the cables halfway back and hold
 - pulse forward 2 inches and back back 2 inches (easier)
 - pulse back 2 inches and forward 2 inches (harder)