



Serve the Party Platter

Kneeling on the carriage, facing the front 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 forward
 - Grab the long black straps located on the sides of the carriage and hold them by the short hard handles
 - Bring your arms by your sides and bend your elbows to bring your forearms and palms up (90 degree angle by your sides)
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you extend your hands forward, up, and outwards by 1 hour to your shoulders
 - Inhale as you lower your elbows and then your hands until they're by your sides
- DO NOT
 - DO NOT tuck your chin into your chest
 - DO NOT let your elbows go back too far
 - DO NOT keep your arms straight to bring your palms up (that is an "Arm Raise")
- Challenge(s)
 - Holds and pulses
 - Bring your arms and hands halfway up
 - pulse down and in 2 inches and forward and up 2 inches (easier)
 - pulse forward and up 2 inches and down and in 2 inches (harder)

Note: this activates more biceps in comparison to "Serve the Platter")