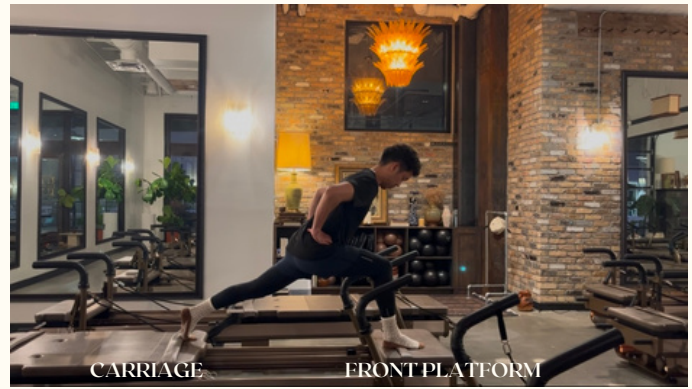
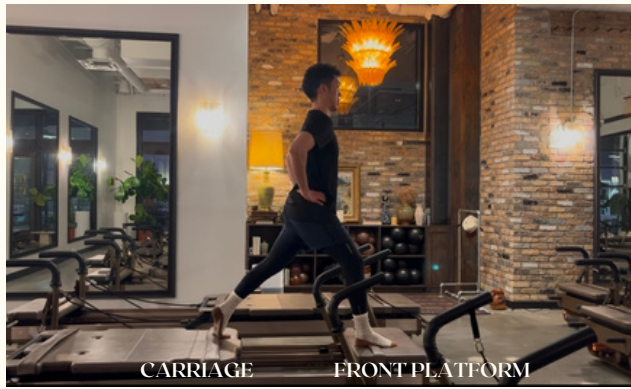


LIGHT LEG EXERCISES



Platform Lunge

[right leg]

In the front, facing front

[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)

- Setup (how to get into position)
 - Start by standing on the front platform facing forward
 - Your right foot stays on the front platform and your left toes go onto the edge of the carriage behind you
- Execution (how to perform the exercise)
 - Inhale as you lower down hinging from the hips
 - Exhale as you press through your right foot into the front platform lifting the chest as you come up
- DO NOT
 - DO NOT allow your knee to collapse inwards towards your midline or belly button
 - DO NOT let your knee move forward as you come up and back as you come down
- Challenge(s)
 - Holds and pulses
 - Meet halfway down
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)