

## LIGHT LEG EXERCISES



### Light Squat

[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 on the front platform facing forward, then turn to your right
  - Your feet are side by side with both feet under and in between the front platform strap and the carriage strap.
  - Bring your feet hip width apart
  - Sit down and back, bending the knees to come down into a squat position and hold
- Execution (how to perform the exercise)
  - Exhale as you press through both feet to come up,
  - Inhale as you send your hips back feeling your hamstring stretch before bending the knees to lower down
- DO NOT
  - DO NOT let your knees collapse inwards towards your midline or belly button squat up and down
  - DO NOT move the carriage as you squat up and down
- Challenge(s)
  - Holds and pulses
    - Meet me halfway down
      - pulse up 2 inches and down 2 inches (easier)
      - pulse down 2 inches and up 2 inches (harder)