

## HEAVY LEG EXERCISES



### Bungee Lateral Leg Raise

[left leg]

On the carriage, facing sideways

[Xformer]

(Standard: whichever heavy spring load exercise you're on or going to be on)

Note: lay on your side on the carriage fully with the bottom knee bent

[Megacore]

(Standard: whichever heavy spring load exercise you're on or going to be on)

Note: lay on your side on the carriage fully with the bottom knee bent

[Allegro 2]

(Standard: whichever heavy spring load exercise you're on or going to be on)

Note: lay on your side on the carriage fully with the bottom knee bent

[Evo Reformer]

(Standard: whichever heavy spring load exercise you're on or going to be on)

Note: lay on your side on the carriage fully with the bottom knee bent

- Setup (how to get into position)
  - Start by standing in front of the front platform, facing the carriage
  - Place your right knee onto the front platform and pick up the bungee to place it around your left foot against the arch/heel
  - Crawl onto the carriage and lay down on your right side
  - Bend your right forearm under the right side of your head to act as a pillow (or use the Pilates ball)
  - Left hand presses down into the carriage in front of your chest for support
  - Bend your bottom knee and lift your left leg up keeping it straight and toes pointed
- Execution (how to perform the exercise)
  - Exhale as you lift your left leg up
  - Inhale as you lower the left leg down
- DO NOT
  - DO NOT go up so high that it bothers your hip or outer thighs
    - this exercise has a short range of motion (less is more)
- Challenge(s)
  - Holds/pulses
    - Lift your upper leg up until there is tension in the bungee
      - pulse down 2 inches and up 2 inches (easier)

Note: I do not teach this exercise because most people complain of hip and outer thigh discomfort