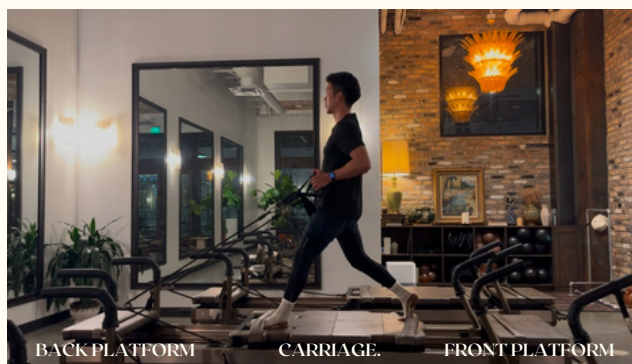


## HEAVY LEG EXERCISES



### Heavy Carriage Lunge w/ Row [left leg]

On the carriage, facing the back platform

[Xformer]

(Standard: 1 black spring + 1 or 2 white springs)

(Modification: 1 black spring; or do not come up and stay low with the one knee hovered above the carriage)

(Intensification: 1 black + 2-3 white springs)

[Megacore]

(Standard: 1 blue + 1 grey spring)

(Modification: 1 blue spring; or do not come up and stay low with the one knee hovered above the carriage)

(Intensification: 1 blue + 2 grey springs)

[Allegro 2]

(Standard: 1 red spring + 1 yellow spring)

(Modification: 1 red spring; or do not come up and stay low with the one knee hovered above the carriage)

(Intensification: 1 red + 1 blue spring)

[Evo Reformer]

(Standard: 2 green + 1 yellow spring)

(Modification: 2 green springs; or do not come up and stay low with the one knee hovered above the carriage)

(Intensification: 2 green + 1 blue spring)

- Setup (how to get into position)
  - Start by kneeling on the carriage facing the back platform
  - Pick up both the short hard handles of the long back strap and keep both hands down with the cables in hand
  - Tuck your left foot under the back carriage strap
  - Anchor your right toes and balls of feet against the front carriage strap
  - Carefully come up to a single kneeling position
- Execution (how to perform the exercise)
  - (Start by getting comfortable with the rowing motion of the arms)
  - Exhale as you begin to pull the cables back by squeezing your shoulder blades together
  - Inhale as your arms move forward, but not too forward where you'll lose tension
  - Once you're comfortable with the rowing motion, hover the right knee above the carriage to get comfortable balancing off your knee as you row
  - Then, once balanced, exhale as you come up with your left heel as you row
  - Inhale as you lower your right knee down while the arms move forward

### Heavy Carriage Lunge w/ Row

[left leg]

On the carriage, facing the back platform

- DO NOT
  - DO NOT row too quickly, or you may fall forward
  - DO NOT let the target leg's knee go forward past the toe
  - DO NOT teach this with a bicep curl unless you are truly good at teaching this first
    - Bicep curls instead of a row can be very dangerous and lead to people falling forward
- Challenge(s)
  - Rows with a lunge hold
    - Meet low in your lunge hovering your back knee with the cables pulled back
      - Inhale as your arms go forward and exhale as you pull the cables back