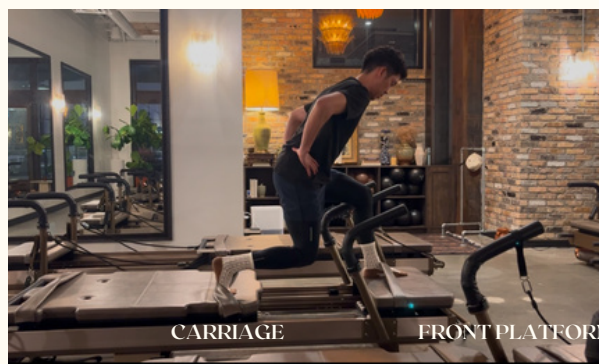


HEAVY LEG EXERCISES



Sprinter's Lunge

[left leg]

In the front, facing the front

[Xformer]

(Standard: 1 black spring)

(Modification: 5 white springs)

(Intensification: 1 black + 1 white spring)

[Megacore]

(Standard: 3 grey + 2 black springs)

(Modification: 2 grey + 2 black springs)

(Intensification: 1 blue spring)

[Allegro 2]

(Standard: 1 red spring)

(Modification: 1 yellow + 1 blue spring)

(Intensification: 1 red + 1 yellow spring)

[Evo Reformer]

(Standard: 2 green springs)

(Modification: 1 blue + 1 yellow spring)

- Setup (how to get into position)
 - Start by kneeling on the carriage facing the front platform
 - Place your left foot underneath the front platform strap and lift the front carriage strap up to tuck the toes and balls of the right foot against it (heel high)
 - Stand up and either place your hands on your hips or modify with fingertips on handlebars
 - Lower down into a lunge with both knees bent at a 90 degree angle
- Execution (how to perform the exercise)
 - Exhale as you press down the left heel into the front platform as you push the carriage back with your right toes and balls of feet against the carriage strap
 - Inhale as you bend the right knee forward, stopping under the hip
 - It is not "wrong" to bring the knee forward past the hip. You get a longer range of motion by doing this

Sprinter's Lunge

[left leg]

In the front, facing the front

- DO NOT
 - DO NOT let the target leg's knee move forward or back as you push the carriage back and bring it in
 - DO NOT let the toes of the foot on the front platform dig down and into the platform
 - DO NOT hunch forward rounding your shoulders or tuck the chin into your chest
- Challenge(s)
 - Holds and pulses
 - Push the carriage halfway back
 - pulse 2 inches in and 2 inches out (easier)
 - pulse 2 inches out and 2 inches in (harder)