

MEDIUM LEG EXERCISES



Well Lunge

[right leg]

In the well, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: take a step back closer to the front platform)

(Intensification: step forward closer to the back platform; or lift the knee on the carriage and come up onto toes)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or take a step back closer to the front platform)

(Intensification: step forward closer to the back platform; or lift the knee on the carriage and come up onto toes)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: take a step back closer to the front platform)

(Intensification: step forward closer to the back platform; or lift the knee on the carriage and come up onto toes)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: take a step back closer to the front platform)

(Intensification: step forward closer to the back platform; or lift the knee on the carriage and come up onto toes)

- Setup (how to get into position)
 - Start by standing in the well facing the back platform.
 - Turn to your left and pull the carriage in with your left hand to anchor your left knee over and against the back carriage strap.
 - Keep your right foot down in the well.
- Execution (how to perform the exercise)
 - Inhale as you lower down hinging from the hips forward
 - Exhale as you press through your foot in the well to come up slowly, lifting the chest as you rise
- DO NOT
 - DO NOT let the knee move forward as you come up or back as you go down.
 - DO NOT press your knee down into the carriage to come up.
 - DO NOT let the knee collapse inward towards the belly button.
 - DO NOT allow your hip to be pulled back by your knee attached to the carriage.
- Challenge(s)
 - Holds / pulses
 - Meet me halfway down
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)