



Shoulder Press

Kneeling on the carriage, facing the front platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Start by kneeling on the carriage facing forward
 - Grab the long black straps located on the sides of the carriage and hold them by the short hard handles
 - Bring your arms up and by your sides like a goal post
 - Sit halfway down and chest halfway forward (butt above the heels, chest above the thighs)
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you extend your hands diagonally up and forward
 - Inhale as you lower your elbows down and back by your sides stopping in your goal post position
- DO NOT
 - DO NOT tuck your chin into your chest
 - DO NOT let your elbows go back too far past the goal post position
- Challenge(s)
 - Holds and pulses
 - Bring your arms halfway up and forward
 - pulse down 2 inches and up and forward 2 inches (easier)
 - pulse up and forward 2 inches and down 2 inches (harder)

Note: For shoulder issues, you can cue to bring the forearms forward in front of the shoulder instead of the sides