



### Back Reverse Platform Lunge

[left leg]

at the back, facing the back

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs)

(Intensification: place your foot on the carriage further back towards the center)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or place your foot on the carriage further back towards the center)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

(Intensification: place your foot on the carriage further back towards the center)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: place your foot on the carriage further back towards the center)

- Setup (how to get into position)
  - Start by standing in the well, facing the back platform
  - Pick up the short colored cables and stand up on the back platform
  - Bicep curl with the short colored cables to pull the carriage in
  - The left foot stays on the back platform & the right foot anchors behind the back carriage strap, toes down & heels up
  - Your right leg should be straight with a slight bend in your knee
- Execution (how to perform the exercise)
  - Inhale as you lower down hinging from the hips forward
  - Exhale as you press through your left foot to come up slowly, lifting the chest as you rise

## Back Reverse Platform Lunge

[left leg]

at the back, facing the back

- DO NOT
  - DO NOT let the knee move forward as you come up or back as you come down
  - DO NOT lean back as you rise
  - DO NOT let the knee collapse inwards towards the midline or belly button
  - DO NOT pull with the cable first to come up. Use your target leg first and short colored cables second as support
  - DO NOT shrug your shoulders up when performing a bicep curl with the short cables to come up
- Challenge(s)
  - Holds / pulses
    - Meet me halfway down and hold
      - pulse up 2 inches and down 2 inches (easier)
      - pulse down 2 inches and up 2 inches (harder)