

MEDIUM LEG EXERCISES



Back Reverse Floor Lunge (on the side of the carriage)

[left leg]

In the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: come down onto the knees, shins, and shoe laces instead of being on the toes on the carriage)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring; or come down onto the knees, shins, and shoe laces instead of being on the toes on the carriage)

(Intensification: 3 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: come down onto the knees, shins, and shoe laces instead of being on the toes on the carriage)

(Intensification: 1 blue spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: come down onto the knees, shins, and shoe laces instead of being on the toes on the carriage)

(Intensification: 2 blue springs)

- Setup (how to get into position)
 - Starting at the right side of the carriage facing the front platform, turn around and walk to the back platform
 - Pull the carriage in with your right hand and tuck your right toes over and behind the front carriage strap
 - Keep your left foot on the floor to the side of the reformer.
- Execution (how to perform the exercise)
 - Inhale as you lower down and hinge from the hips forward
 - Exhale as you press through your left foot to come up slowly, lifting the chest as you rise
- DO NOT
 - DO NOT let the knee pass the toes when lunging.
 - DO NOT let the knee collapse inward towards the belly button.
 - DO NOT allow the right hip to be pulled back by 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)