

## MEDIUM LEG EXERCISES



### Back Standing Inner Thigh

[right leg]

In the back, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: perform a back kneeling inner thigh)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey springs; or perform a back kneeling inner thigh)

(Intensification: 3 grey spring)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: perform a back kneeling inner thigh)

(Intensification: 2 blue springs)

- Setup (how to get into position)
  - Standing inside of the well, facing the back platform, turn to your left
  - Your right hand will pick up the short colored cable and then stand up on the back platform
  - Pull the carriage in using the short colored cable and place your left foot over and against the back carriage strap, and place your right foot over and against the back platform strap
  - Holding the short colored cable in your left hand, allow the carriage to open until your feet are hip width apart
- Execution (how to perform the exercise)
  - Exhale as you press down both heels and squeeze both inner thighs to bring the carriage in (only pulling on the short colored cable up with your left hand as support to help move the carriage inwards)
  - Inhale as you separate your feet evenly outwards hip width apart
- DO NOT
  - DO NOT use the short cable as the primary way to move the carriage in
- Challenge(s)
  - Holds / pulses
    - Meet me halfway out
      - pulse in 2 inches and out 2 inches (easier)
      - pulse out 2 inches and in 2 inches (harder)