

HEAVY LEG EXERCISES



Praying Mantis

[right leg]

On the right side of the carriage, facing the front platform

[Xformer]

(Standard: 1 black spring)

(Modification: 5 white springs)

(Intensification: 1 black + 1 white spring)

[Megacore]

(Standard: 3 grey + 2 black springs)

(Modification: 2 grey + 2 black springs)

(Intensification: 1 blue spring)

[Allegro 2]

(Standard: 1 red spring)

(Modification: 1 yellow + 1 blue spring)

(Intensification: 1 red + 1 yellow spring)

[Evo Reformer]

(Standard: 2 green springs)

(Modification: 1 blue + 1 yellow spring)

- Setup (how to get into position)
 - Start by standing on the right side of the carriage facing the front platform
 - Lift both black handlebars up and turn them to the right
 - Place your hands on the two black handlebars and anchor your left heel against the middle of the back carriage strap
 - Take a giant jump back with the right foot that's on the floor and get down into a lunge, making sure your knee is stacked over your ankle
 - If your knee is forward past your ankle, step more forward
 - If your knee is far back behind your ankle, step back more
 - Both your arms stay straight with a slight bend in your elbows the entire exercise to activate triceps and lats
- Execution (how to perform the exercise)
 - Exhale as you press through your left heel to push the carriage back, keeping your hips squared the entire time and never locking out your knee
 - Inhale as you bend the left knee to bring the carriage in, stopping when the knee is in line with the left hip

Praying Mantis

[right leg]

On the right side of the carriage, facing the front platform

- DO NOT
 - DO NOT let the pushing leg's knee go in and past the hip line
- Challenge(s)
 - Holds and pulses
 - Push the carriage halfway back
 - pulse 2 inches in and 2 inches out (easier)
 - pulse 2 inches out and 2 inches in (harder)

Note: The foot against the back carriage strap can be flat (closed hips) or up and diagonal (open hips)