

LIGHT LEG EXERCISES

Standing Inner Thighs (right leg)

In the front, facing the sideways

(Standard: 1 white spring)

(Modification: 2 white springs)

- Setup
- Start by standing on the front platform facing forward and then turn to the left
- Place your right foot under the front platform strap and the left foot under the front carriage strap
- Slightly bend your knees and make sure toes are facing forward
- Separate your feet wide as or wider than your hips to start
- Arms can be on your hips, behind your back, or outwards like wings
- Execution:
 - Inhale as you start to evenly separate the feet and legs apart, distributing your weight into both legs equally
 - Exhale as you press your heels down while squeezing both inner thighs equally to pull the carriage back in until your feet are under your shoulders

Do Not:

- DO NOT Squeeze the inner knees to bring the carriage in
- DO NOT Go so far that you have trouble coming back in
- DO NOT Put more weight into the leg on the front platform

Modifications:

- Bring the foot on the carriage closer to the edge
- Use the stabilization bar
- Two white springs

Variations:

- Midway Holds / Pulses
- Full Range Holds / Pulses
- Squat pulses
- squating inner thighs
- Squat hold with Skater
- Squat hold with Heel Raises (at the same time or alternate)

Challenge:

- Go slower or move the foot on the carriage closer to the middle