

## MEDIUM LEG EXERCISES



### Back Single Leg Squat

[right leg]

In the back, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs)

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

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

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

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

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

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

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

- 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 bring your right foot all the way forward with your left toes diagonally back on the carriage, toes down and heels up
- Execution (how to perform the exercise)
  - Inhale as you send your hips back feeling a stretch in your hamstrings before bending the knees to lower down
  - Exhale as you press through your right heel to come up
- DO NOT
  - DO NOT collapse your knee inward towards your midline or belly button
  - DO NOT allow your right knee to pass your toes as you go down
- 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)