

## HEAVY LEG EXERCISES



### Bungee Kick

[left leg]

On the carriage, facing the back platform

[Xformer]

(Standard: whichever heavy spring load exercise you're on or going to be on)

(Modification: knees on the front platform and forearms on the carriage)

(Intensification: both knees and forearms on the carriage)

[Megacore]

(Standard: whichever heavy spring load exercise you're on or going to be on)

(Modification: knees on the front platform and forearms on the carriage)

(Intensification: both knees and forearms on the carriage)

[Allegro 2]

(Standard: whichever heavy spring load exercise you're on or going to be on)

Note: both knees and forearms must be on the carriage because the front platform extender is too hard

[Evo Reformer]

(Standard: whichever heavy spring load exercise you're on or going to be on)

(Modification: knees on the front platform and forearms on the carriage)

(Intensification: both knees and forearms on the carriage)

- Setup (how to get into position)
  - Start by standing in front of the front platform, facing the carriage
  - Place your right knee onto the front platform and pick up the bungee to place it around your left foot against the arch/heel
  - Crawl onto the carriage kneeling over the front carriage strap, lowering down onto your forearms
  - Forearms and knees are hip-width apart
  - Left forearm stays down and right hand holds the right side of the carriage
  - Lift your face away from the carriage, lift your chest, and engage your core
  - Bring your left leg up to a 90-degree angle with your foot flat like the ceiling
- Execution (how to perform the exercise)
  - Exhale as you stamp the ceiling with foot without arching your back
  - Inhale as you lower the left knee, keeping the 90-degree angle, without going so low that you lose tension

### Bungee Kick

[left leg]

On the carriage, facing the back platform

- DO NOT
  - DO NOT let one hip of the anchored knee lean outwards away from the midline
  - DO NOT arch your back or tuck your chin into your chest
- Challenge(s)
  - Holds/pulses
    - Lift your left knee as high as you can
      - pulse down 2 inches and up 2 inches

Note: In my opinion, you can perform this on light springs, but it will be harder because you'll have to control the carriage from moving more