

HEAVY LEG EXERCISES



Standing Outer Thighs

[left leg]

In the front, facing sideways

[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 on the front platform, facing forward.
 - Turn to the right and place your left foot under the front platform strap and your right foot under the front carriage strap.
 - Feet face forward with a slight bend in both your knees
- Execution (how to perform the exercise)
 - Exhale as you press through both your heels evenly against the front platform and carriage while hinging from the hips to lean forward to open the carriage
 - Inhale as you slowly bring your feet together and lift the chest to an upright position to close the carriage
- DO NOT
 - DO NOT lock out your knees
 - DO NOT push through your ankles against the platform and carriage strap
 - This will be less effective because you're pushing through your ankles
- Challenge(s)
 - Holds and pulses
 - Push through both of your feet to open the carriage halfway
 - pulse in 2 inches and out 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)