



Back Kneeling Bicep Curl

at the back platform, facing the carriage

[Xformer]

(Standard: 1-2 white springs)

(Modification: 1 white spring)

(Intensification: 2-3 white springs; or single arm)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or single arm)

[Allegro 2]

(not applicable because there is no back platform or cables)

[Evo Reformer]

(Standard: 1 blue spring)

(Intensification: 2 blue springs; or single arm)

- Setup (how to perform the exercise)
 - Start by kneeling on the back platform facing the front platform
 - Grab the short hard cables underneath the handlebars,
 - Bring your arms by your sides and hands to your side and engage your core
- Execution (how to perform the exercise)
 - Exhale as you bend your elbows to bring your hands towards your armpits
 - Inhale as you lengthen your arms out and downwards
- DO NOT
 - DO NOT arch your back
 - DO NOT release your bicep curl so far down and forward that you lose tension
- Challenge(s)
 - Holds and pulses
 - Hold your bicep curl halfway up and hold
 - pulse by releasing 2 inches and curling 2 inches (easier)
 - pulse by curling 2 inches and releasing 2 inches (harder)

Note 1: Although it may feel light, each exercise is 1.5 – 2 minutes long with 2-3 exercises sequenced