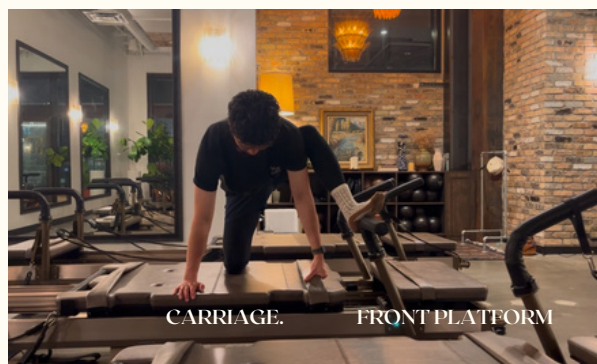


HEAVY LEG EXERCISES



Black Widow

[left leg]

On the carriage, facing the 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)
 - Starting on the carriage facing the front platform
 - Lift up the right black handlebar and turn it outwards to the right
 - Turning to face the direction you turned the black handlebar out, kneel on the carriage with your hands and knees wide apart near the front edge of the carriage
 - Place your left heel or arch of foot onto the turned out black handlebar with your toes facing diagonally up
 - Your left hand holds onto the front carriage strap and the right hand will be directly underneath your right shoulder on the carriage
- Execution (how to perform the exercise)
 - Exhale as the left foot pushes into the black handlebar to push the carriage out, while keeping the right knee under the right hip the entire time
 - Inhale as you bend the left knee to bring the carriage in

Black Widow

[left leg]

On the carriage, facing the sideways

- DO NOT
 - DO NOT push out or come in too quickly
 - DO NOT use your anchored knee to push the carriage outwards
 - DO NOT shift the hips or allow the anchored knee on the carriage to sway in or out while pushing out and in
- Challenge(s)
 - Holds and pulses
 - Push the carriage halfway out
 - pulse 2 inches in and 2 inches out (easier)
 - pulse 2 inches out and 2 inches in (harder)

Note: I rarely teach this because most people complain of the awkward position of their hips