

UPPER BODY EXERCISES



Newspaper (AKA: Rotator Cuff)

Kneeling on the carriage, facing the back platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Start by kneeling on the carriage facing the back platform
 - Grab the long black straps located on the sides of the carriage and cross them like an "X"
 - Re-hold the cables by the short hard handles once crossed
 - Glue your elbows to your ribs and pull the cables apart with your palms up and thumbs out
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you squeeze your shoulder blades together and pull apart your hands
 - Inhale as you bring your hands together, stopping your hands when they're in front of your shoulders
- DO NOT
 - DO NOT bring the hands together too close because you'll lose tension
 - DO NOT let your elbows detach from the sides of your body
 - DO NOT arch your back
- Challenge(s)
 - Holds and pulses
 - Pull the cables apart halfway
 - pulse by closing 2 inches and opening 2 inches (easier)
 - pulse by opening 2 inches and closing 2 inches (harder)