

MEDIUM LEG EXERCISES



Back Carriage Lunge

[right leg]

In the back, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 0 white springs)

(Intensification: 2 white springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey springs)

(Intensification: 3 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

(Intensification: 1 blue spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: 2 blue springs)

- Setup (how to get into position)
 - Start by standing behind the back platform, facing the carriage
 - Pick up the short colored cables, stand up on the back platform, and bring the short colored cables on the outside of the handlebars
 - Bicep curl to bring the carriage in and place your right foot over the back carriage strap
 - The left foot stays on the back platform behind you, toes down and heels up, far back
 - Holding the colored portion of the short cables (not the hard handle) with your index and middle fingers, lower down and forward into a lunge hinging from the hips
 - Your left leg should be straight with a slight bend in your knee
- Execution (how to perform the exercise)
 - Exhale as you continually press down your right heel into the carriage as you come up and in (only using the short cables to help you up if needed)
 - Inhale as you lower down and forward into the starting lunge position, keeping your knees stacked over your ankle the entire time

Back Carriage Lunge

[right leg]

In the back, facing front

- DO NOT
 - DO NOT let the knee pass the toes when lunging down and forward
 - DO NOT let the knee collapse inwards towards the belly button
 - DO NOT press down the toes on the back platform to come up (this will activate the wrong leg)
- Challenge(s)
 - Holds and pulses
 - Meet me halfway down
 - pulse up and in 2 inches and down and forward 2 inches (easier)
 - pulse down and forward 2 inches and up and in 2 inches (harder)