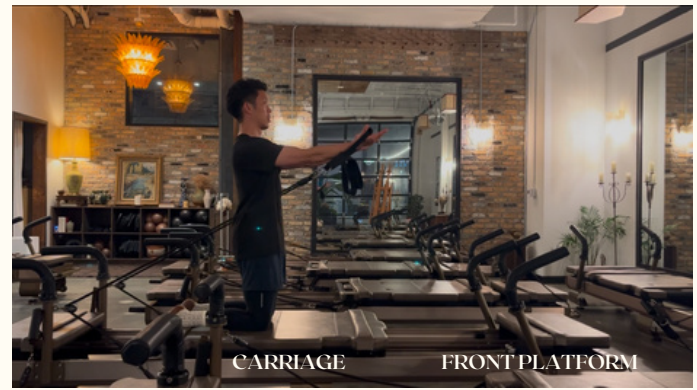
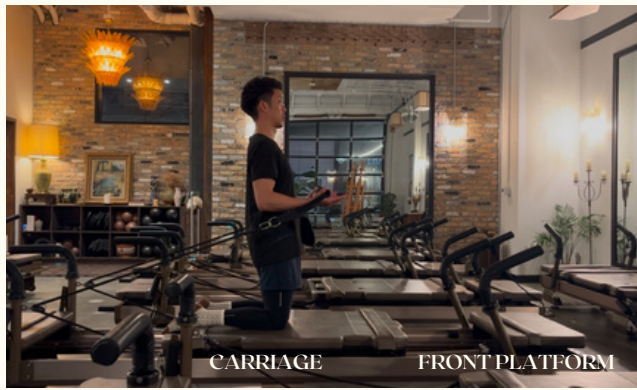


## UPPER BODY EXERCISES



### Serve the Platter

Kneeling on the carriage, facing the front 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 forward
  - Grab the long black straps located on the sides of the carriage and hold them by the short hard handles
  - Bring your arms by your sides and bend your elbows to bring your forearms and palms up (90 degree angle by your sides)
  - Engage your core
- Execution (how to perform the exercise)
  - Exhale as you extend your hands forward and up to your shoulders
  - Inhale as you lower your elbows and then your hands until they're by your sides
- DO NOT
  - DO NOT tuck your chin into your chest
  - DO NOT let your elbows go back too far
  - DO NOT keep your arms straight to bring your palms up (that is an "Arm Raise")
- Challenge(s)
  - Holds and pulses
  - Bring your arms and hands halfway up
    - pulse down and in 2 inches and forward and up 2 inches (easier)
    - pulse forward and up 2 inches and down and in 2 inches (harder)