



Curtsy Lunge

[right leg]

In the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 springs)

- Setup (how to get into position)
 - Start by standing on the front platform, facing forward
 - Walk your feet all the way over to the left and place your fingers on the handle bars for safety
 - Lift your left foot & hook it back & behind you to the right (the further the leg is hooked, the more difficult the exercise)
 - Lower down into a lunge position and hold
 - Notes:
 - If you cannot keep your hips squared, you can untwist to the left by 1 hour
 - If there is tightness in your hips, try turning your right foot outwards to the right to open the hips more
 - If this is too difficult or doesn't feel good for the knees or hips, perform a platform lunge instead
- Execution (how to perform the exercise)
 - Exhale as you push through your right foot into the platform to rise
 - Inhale as you lower down hinging from the hips forward

Curtsy Lunge

[right leg]

In the front, facing front

- DO NOT
 - DO NOT come up pressing more weight into the outer part of your foot
 - DO NOT allow your right knee to collapse outwards away from the midline. This will put a lot of pressure on your knees
 - DO NOT let the knee pass the toes when lunging
 - DO NOT stay hunched over the whole exercise with hands on the bars. Use the stabilization pole or add a 2nd or 3rd grey spring to modify
- Challenge(s)
 - Holds / pulses
 - Meet me halfway down
 - pulse 2 inches up and 2 inches down (easier)
 - pulse 2 inches down and 2 inches up (harder)