

UPPER BODY EXERCISES



Carriage Seated Row

Sitting on the carriage, facing the back platform

[Xformer]

Standard: 1 black spring

Modification: 5 white springs; or use the long black strap instead of the short hard handle

Intensification: 1 black + 1 white white spring

[Megacore]

(Standard: 1 blue spring)

(Modification: 3 grey + 2 black springs; or use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 grey spring)

[Allegro 2]

(Standard: 1 red spring)

(Modification: 1 yellow + 1 blue spring; or use the long black strap instead of the short hard handle)

(Intensification: 1 red + 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 perform the exercise)
 - Start by sitting on the carriage facing the back platform
 - Grab the long black straps located on the sides of the carriage
 - Cross your cables like an "X" and re-hold them once crossed
 - Anchor your heels in and against the back eyelets/pockets of the carriage
 - Lean back halfway and squeeze your shoulder blades together to open the chest
 - Bring your arms out in front of you, shoulder height high with your palms down
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you pull the cables back, squeezing your shoulder blades together
 - Inhale as you lengthen your arms forward without losing tension
- DO NOT
 - DO NOT release the cable so far forward that you lose tension
- Challenge(s)
 - Holds and pulses
 - Bring the cables halfway back
 - pulse out and in 2 inches (easier)
 - pulse in and out 2 inches (harder)