



### Carriage Lunge

[right leg]

In the front, facing back

[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 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

- Setup (how to get into position)
  - Start by standing on the front platform, facing the carriage
  - Right foot under the front carriage strap, left foot stays behind on the front platform, toes down, heels up
  - Left leg should be straight with a slight bend in your knee
  - Note: If using the stabilization pole: grab the pole with your left hand and move it forward to the middle of the carriage on the left side
- Execution (how to perform the exercise)
  - Inhale as you lower down and forward hinging from the hips lowering the chest
  - Exhale as you constantly press down through your right heel into the carriage lifting the chest as you come up
- DO NOT
  - DO NOT let the knee pass the toes when lunging downward
  - DO NOT let the knee collapse inward towards the belly button
  - DO NOT press down the toes of the foot on the front platform
    - this will activate the wrong leg
- Challenge(s)
  - Holds and pulses
    - Meet down halfway
      - pulse up and in 2 inches and down and out 2 inches (easier)
      - pulse down and out 2 inches and up and in 2 inches (harder)