



### Floor Lunge

[right leg]

In the front, facing front

[Xformer]

(Standard: 1 white spring)

(Modification: perform the exercise with your knee, shin, and shoelaces down on the carriage)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: perform the exercise with your knee, shin, and shoelaces down on the carriage)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: perform the exercise with your knee, shin, and shoelaces down on the carriage)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: perform the exercise with your knee, shin, and shoelaces down on the carriage)

(Intensification: 0 springs)

- Setup (how to get into position)
  - Start on the right side of the carriage facing the front platform with your right toes close to the black handlebar
  - The right foot stays on the floor and the left foot is anchored in front of the back carriage strap, toes down, heels up
  - Hands on your hips, behind your back, or in prayer position
  - Left leg should be straight with a slight bend in your knee
- Execution (how to perform the exercise)
  - Inhale as you lower down hinging from the hips forward
  - Exhale as you press through your right foot into the floor to come up lifting the chest as you come up
- DO NOT
  - DO NOT let the knee move forward as you come up and or move back as you go down
  - DO NOT let the knee collapse inward towards the belly button
- Challenge(s)
  - Holds / pulses
    - Meet halfwaydown
      - pulse 2 inches up and 2 inches down (easier)
      - pulse 2 inches down and 2 inches up (harder)