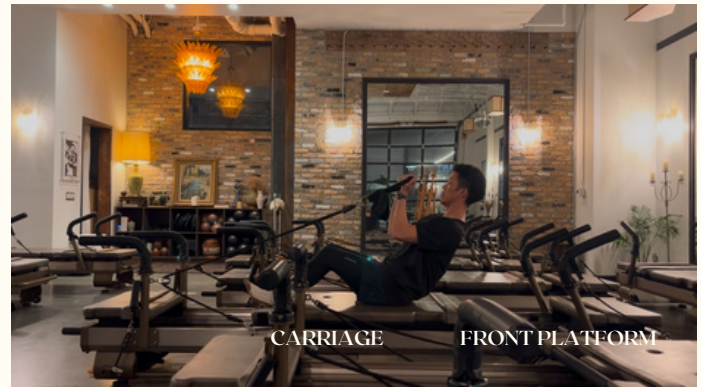


## UPPER BODY EXERCISES



### Carriage Seated Heavy Bicep Curl

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
  - 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 up to shoulder height high with your palms facing up
  - Engage your core
- Execution (how to perform the exercise)
  - Exhale as you bend your elbows to bring your hands towards your face
  - Inhale as you lengthen your arms forward without losing tension in the long black strap
- DO NOT
  - DO NOT release the cable so far forward that you lose tension in the long black strap

Challenge(s)

- Holds and pulses
  - Bring your hands halfway in
    - pulse out and in 2 inches (easier)
    - pulse in and out 2 inches (harder)