

MEDIUM LEG EXERCISES



Back Reverse Floor Lunge (over the back platform)

[right leg]

In the back, facing back

[Xformer]

(Standard: 1 white spring)

(Modification: perform a well lunge instead)

(Intensification: step forward away from the back platform)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 white spring; or perform a well lunge instead)

(Intensification: step forward away from the back platform)

[Allegro 2]

not applicable

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: (perform a well lunge instead)

(Intensification: step forward away from the back platform)

- Setup (how to get into position)
 - Start by standing inside the well, facing the back platform.
 - Hold onto the handle bars and anchor your left toes behind the back carriage strap
 - Keeping your hands on the handlebars, hop over the back platform with your right leg to the floor.
 - Make sure your legs are hip width apart and slightly rest your calf against the back of the platform.
 - Your left leg should be straight with a slight bend in your knee, and your hips need to be squared.
- Execution (how to perform the exercise)
 - Inhale as you lower down hinging from the hips forward
 - Exhale as you press through your foot on the floor to come up slowly, lifting the chest as you rise
- DO NOT
 - DO NOT let the knee pass the toes when lunging.
 - DO NOT let the knee collapse inward towards the belly button.
 - DO NOT allow the hip of the leg that's anchored to the carriage to be pulled back by the carriage.
- Challenge(s)
 - Holds / pulses
 - Meet me halfway down
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)