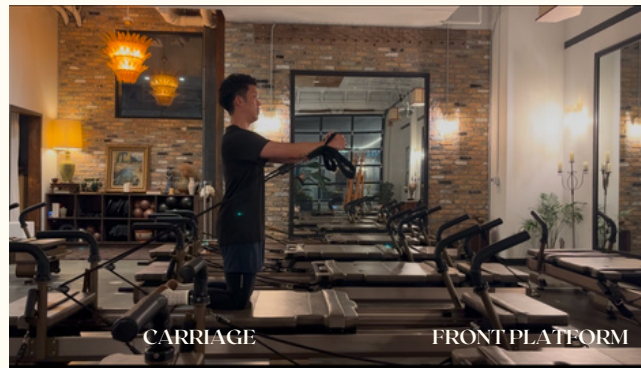
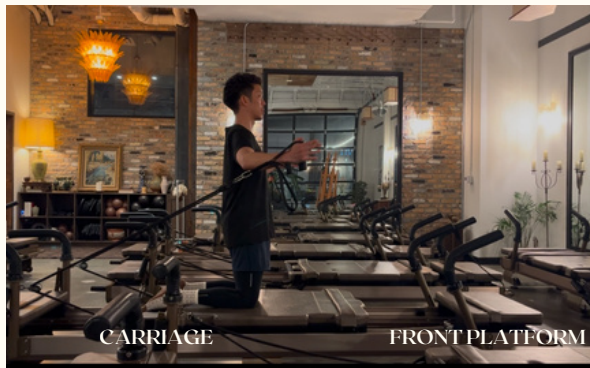


UPPER BODY EXERCISES



Hug a Tree

Kneeling on the carriage, facing the front platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 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 kneeling on the carriage facing forward
 - Grab the long black straps located on the sides of the carriage and hold them by the short hard handles
 - Carefully come up to your knees and bring your hands up to your sides like you're about to hug someone, with soft bends in your elbows (hands facing inwards)
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you hug an imaginary person / beach ball / trunk of a tree bringing your fingertips together
 - Inhale as you open your arms outward without losing sight of your hands in your peripheral view
- DO NOT
 - DO NOT push your hands forward like you're pushing someone away
- Challenge(s)
 - Hold and Pulses
 - Bring your arms halfway forward
 - pulse back 2 inches and forward 2 inches (easier)
 - pulse forward 2 inches and back 2 inches (harder)