

UPPER BODY EXERCISES



Back Seated Tricep Extension

Sitting on the back platform, facing away from the carriage

[Xformer]

(Standard: 1-2 white springs)

(Modification: 1 white spring)

(Intensification: 2-3 white springs; or single arm)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or single arm)

[Allegro 2]

(not applicable because there is no back platform or cables)

[Evo Reformer]

(Standard: 1 blue spring)

(Intensification: 2 blue springs; or single arm)

- Setup (how to perform the exercise)
 - Start by sitting on the back platform facing away from the carriage
 - Grab the short hard cables under the handlebars
 - Bring your arms up and hands together behind your head, keeping your elbows close to your ears
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you lengthen your arms upwards
 - Inhale as you bend your elbows, lowering your hands behind your head
- DO NOT
 - DO NOT arch your back
 - DO NOT let your elbows flare out
- Challenge(s)
 - Holds and pulses
 - Pull the cable halfway up and hold
 - pulse down 2 inches and up 2 inches (easier)
 - pulse up 2 inches and down 2 inches (harder)

Note 1: Although it may feel light, each exercise is 1.5 – 2 minutes long with 2-3 exercises sequenced

Note 2: For those who have long arms, the carriage will bump into the back platform. They can sit down on the floor in front of the back platform to solve this issue