



Kneeling Inner Thighs

[left leg]

In the front, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 springs)

- Setup (how to get into position)
 - Kneeling on the carriage facing the front platform, turn to your right to place your knees on the edge of the front platform and edge of the carriage (in between the straps)
 - Hands can be on your hips, behind your back, or outwards like wings
- Execution (how to perform the exercise)
 - (Keep weight even distributed into both legs)
 - Inhale as you start to separate the knees apart to open the carriage
 - Exhale as you squeeze both inner thighs equally to close the carriage
- DO NOT
 - DO NOT go so far that you overcompensate using your knees instead of your inner thighs
 - DO NOT use more of the leg that's on the carriage when closing the carriage
- Challenge(s)
 - Holds and pulses
 - Open the carriage halfway
 - pulse in 2 inches and out 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)