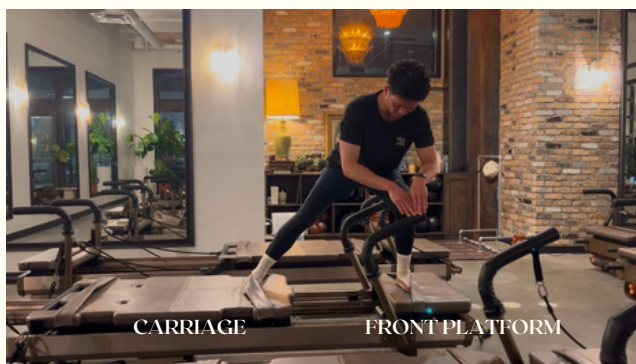
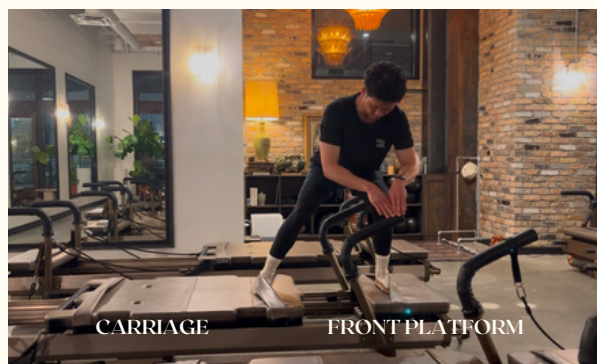


HEAVY LEG EXERCISES



Shifted Skater

[left leg]

In the front, facing sideways

[Xformer]

(Standard: 1 black spring)

(Modification: 5 white springs)

(Intensification: 1 black + 1 white spring)

[Megacore]

(Standard: 3 grey + 2 black springs)

(Modification: 2 grey + 2 black springs)

(Intensification: 1 blue spring)

[Allegro 2]

(Standard: 1 red spring)

(Modification: 1 yellow + 1 blue spring)

(Intensification: 1 red + 1 yellow spring)

[Evo Reformer]

(Standard: 2 green springs)

(Modification: 1 blue + 1 yellow spring)

- Setup (how to get into position)
 - Start on the front platform, facing forward.
 - Turn to the right and place your left foot under the front platform strap and your right foot under the front carriage strap.
 - Push through both your feet hip width apart to open the carriage
 - Sit down and back into a squat position
 - Shift your weight towards the front platform and keep the weight that direction throughout the exercise.
- Execution (how to perform the exercise)
 - Exhale as your right foot pushes the carriage out (keeping your hips and the left side of your body still).
 - Inhale as your right knee bends to slowly bring the carriage back in, stopping just before you lose tension.
- DO NOT
 - DO NOT push the carriage out and in quickly.
 - DO NOT move your hips and left side of your body as you perform the exercise.
- Challenge(s)
 - Holds and pulses
 - Push the carriage halfway out
 - pulse in 2 inches and out 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)

Note: this exercise has a shorter range of motion of the pushing leg in comparison to "Skater"