

MEDIUM LEG EXERCISES



Back Light Squat

[right leg]

In the back, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: 0 springs)

(Intensification: place your foot on the carriage further towards the center)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or place your foot on the carriage further towards the center)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 0 springs)

(Intensification: place your foot on the carriage further towards the center)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 0 springs)

(Intensification: place your foot on the carriage further towards the center)

- Setup (how to get into position)
 - Standing inside of the well, facing the back platform, turn to your left
 - Your right hand will pick up the short colored cable and then stand up on the back platform
 - Pull the carriage in using the short colored cable and place your left foot over and against the back carriage strap, and place your right foot over and against the back platform strap
 - Holding the short colored cable with both hands, allow the carriage to open until your feet are hip width apart
 - Turn your toes outwards an hour like the letter “V”
- Execution (how to perform the exercise)
 - (holding and keeping the short colored cable in one place the whole time to keep the carriage from moving)
 - Inhale as you send your hips back feeling a stretch in your hamstrings before bending the knees to lower down into a squat
 - Exhale as you press through both heels to come up out of your squat
- DO NOT
 - DO NOT collapse your knee inward towards your midline or belly button
- 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)