

## HEAVY LEG EXERCISES



### Side Kick

[left leg]

In the front, facing the 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 by standing in front of the front platform facing the front platform
  - Turn to the left and move your left foot forward until your toes are in line with the edge of the front platform
  - Your right hand will hold the curvature of the black handlebar, your left hand will hold the front platform or towel rack, and your right foot will be against the front edge of the moving carriage
  - The right foot against the carriage is pointed up and diagonal
  - Center your body over the front platform and lower back and down into a squat
- Execution (how to perform the exercise)
  - Exhale as you press through your right foot against the carriage to send it outwards
  - Inhale as you bend the right knee to move the carriage in
- DO NOT
  - DO NOT let your target leg's knee pass your toes
  - DO NOT be in a standing position while pushing the carriage out and in
    - This exercise is performed while low in an isometric squat
- Challenge(s)
  - Holds and pulses
    - Push the carriage halfway out
      - pulse 2 inches in and 2 inches out (easier)
      - pulse 2 inches out and 2 inches in (harder)