

UPPER BODY EXERCISES



Lat Pushdown

on the carriage, facing the back platform

[Xformer]

(Standard: 2 white springs)

(Modification: 1 white spring)

(Intensification: 3 white springs; or single arm)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or single arm)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: Shorten the range of motion)

(Intensification: 1 blue spring; or single arm)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 1 yellow + 1 blue spring; or single arm)

- Setup (how to perform the exercise)
 - Start by kneeling on the carriage facing the back platform
 - With one foot, push off the front platform to get to the back platform & turn the two back black handlebars to face inward
 - Your palms OR wrists are on top of the back black handlebars, shoulder-width apart
 - Knees and legs together, tucked behind the back carriage strap
 - Sit halfway down (butt/glutes above the feet), chest above your thighs, and back flat like the floor
- Execution (how to perform the exercise)
 - Keeping your arms straight with a slight bend in your elbows
 - Exhale as you press down your palms or wrists into the back black handlebars to lift your chin, then your chest, and thrust your hips forward
 - Inhale as you send your hips back, then lower the chest, and face falls down last
- DO NOT
 - DO NOT grip the back black handlebars to come up
- Challenge(s)
 - Holds and pulses
 - Come up halfway and hold
 - pulse down 2 inches, up two inches (easier)
 - pulse up 2 inches, down 2 inches (harder)
 - You could have people perform pull-up pulses