

LIGHT LEG EXERCISES

Curtsy Lunge (right foot)

In the front, facing the front

(Standard: 1 white spring)

(Modification: 2 white springs)

- Setup
- Start by standing on the front platform facing forward
- Walk your feet all the way over to the left and place your hands on the handlebars
- Lift your left foot and hook it back and behind you to the right (the further the leg is hooked, the more difficult the exercise)
- Lower down into a lunge position and hold
- Notes:
 - If you cannot keep your hips squared, you can untwist to the left by 1 hour
 - If there is tightness in your hips, try turning your right foot outwards to the right to try and open the hips more
 - If this is too difficult or doesn't feel good for the knees or hips, perform a platform lunge instead
- Execution:
 - Exhale as you come up 95% so you don't lock out your knees
 - Inhale as you sit back and down to the starting lunge position

Do Not:

- DO NOT Come up pressing more weight into the outer part of your foot
- DO NOT Allow your right knee to collapse outwards away from the midline. This will put a lot of pressure on your knees
- DO NOT Let the knee pass the toes when lunging
- DO NOT Stay hunched over the whole exercise when coming up and down. Use the stabilization pole or add a 2nd white springs to modify

Modifications:

- Move the placement of your back foot's toes closer to the edge of the carriage
- Add a 2nd white spring

Variations:

- Holds / pulses
- Heel Raises
- Back Kick

Challenge:

- Go slower or bring the foot on the carriage closer to the center