

UPPER BODY EXERCISES



Bicep Curl

Kneeling on the carriage, facing the back platform

[Xformer]

Standard: 2-3 white springs

Modification: use the long black strap instead of the short hard handle

Intensification: 3-4 white springs

[Megacore]

(Standard: 1 black spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 black + 1 grey spring)

[Allegro 2]

(Standard: 1 blue spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 blue + 1 yellow spring)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: use the long black strap instead of the short hard handle)

(Intensification: 1 yellow + 1 blue spring)

- Setup (how to get into position)
 - Start by kneeling on the carriage facing the back platform
 - Grab the long black straps located on the sides of the carriage
 - Bring your arms and hands up shoulder height high
 - Engage your core
- Execution (how to perform the exercise)
 - Exhale as you bend your elbows to bring your hands to your face
 - Inhale as you lengthen your arms forward, but not too far that you lose tension
- DO NOT
 - DO NOT use your trapezius (traps) (neck muscles between your shoulders)
 - lower the elbows to take it out of your trapezius
 - DO NOT tuck your chin into your chest
 - DO NOT arch your back
- Challenge(s)
 - Holds and pulses
 - Bring your hands in halfway
 - pulse out 2 inches and in 2 inches (easier)
 - pulse in 2 inches and out 2 inches (harder)