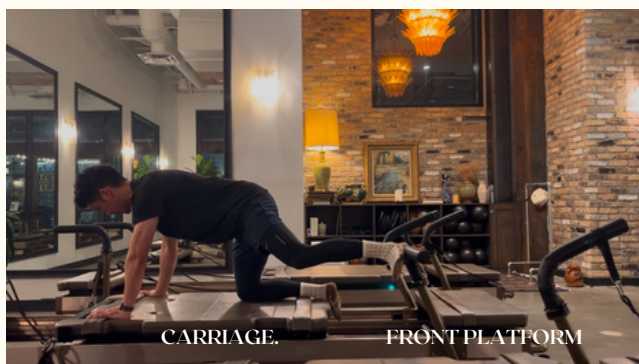


## HEAVY LEG EXERCISES



### Donkey Kick

[left leg]

Kneeling on the carriage, facing the back platform

[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)
  - Kneel on the carriage facing the back platform, turn around to your left and turn the handlebar outwards away from the reformer
  - Scoot back towards the edge of the carriage and set your hands and knees down on the carriage wide apart
  - Place your left heel against the curvature of black handlebar behind you, with your toes facing slightly down and out at a 45 degree angle
    - DO NOT have the feet sideways with the handlebar
- Execution (how to perform the exercise)
  - Exhale as you push through your left heel against the black handlebar to move the carriage forward (don't lock out your knee)
  - Inhale as you bend your left knee to move the carriage back

### Donkey Kick

[left leg]

Kneeling on the carriage, facing the back platform

- DO NOT
  - DO NOT push forward with your hands, arms, or the knee anchored on the carriage
  - DO NOT lock out your knees when pushing forward
- 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)

Note: taller clients may need to be further away from the handlebars