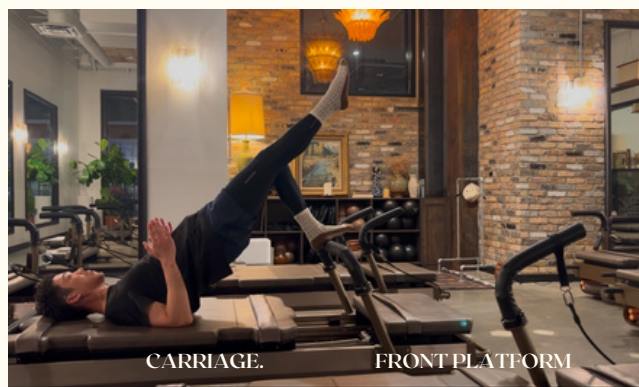


LIGHT LEG EXERCISES



Handlebar Single Leg Hamstring Curl

[left leg]

On the carriage, facing the front platform

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 2 grey springs)

(Modification: 3 grey springs)

(Intensification: 1 grey spring)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 0 springs)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

(Intensification: 0 springs)

- Setup (how to get into position)
 - Start by sitting on the carriage, facing the front platform
 - Turn both handles bars inward to face each other
 - Bring both your legs over the handle bars and scoot forward to lay down and grab onto the front carriage strap or edge of the carriage with your hands
 - Bring your heels up onto the handlebars and lift your hips up into a bridge position
 - Lift your right foot up to the sky (toes pointed up or foot flat like the ceiling)
- Execution (how to perform the exercise)
 - Inhale as you start to send the carriage back, staying in a bridge position (without lowering your hips)
 - Exhale as you press down with your left heel against the front platform strap to pull the carriage forward (without lifting the foot)
- DO NOT
 - DO NOT go so far that you have trouble coming back in
 - DO NOT go so far that your hips start to sink
 - DO NOT overarch or hyperextend your lower back in the bridge position
- Challenge(s)
 - Glute Bridges
 - Push the carriage out about 1-2 inches
 - pulse lowering the hips down 2 inches and lifting the hips up 2 inches