



Side Lunge

[right leg]

In the front, facing sideways

[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 spring)

- Setup (how to get into position)
 - Start by standing on the front platform facing forward, then turn right to face sideways
 - Your right foot will be on the carriage, all the way forward to the edge
 - Your left foot will stay on the front platform, diagonally behind you, toes down and heels up
 - Send your hips back as you lower down to the right with the carriage, keeping your left leg straight with a slight bend in the knees the entire time
 - Note: instead of using the stabilization pole, you can bring your arms out like an airplane for support to help balance
- Execution (how to perform the exercise)
 - Exhale as you constantly press your right heel down into the carriage to come up and in towards the front platform
 - Inhale as you send your hips back and lower down to the right with the carriage
- DO NOT
 - DO NOT let the knee pass the toes when lunging or let the knees collapse inwards towards the belly button
- Challenge(s)
 - "Platform Skater" (bending and lengthening the knee of the leg that's on the front platform)
 - Meet down as low as you can
 - bend the left knee to bring the carriage in
 - lengthen the left knee to move the carriage out