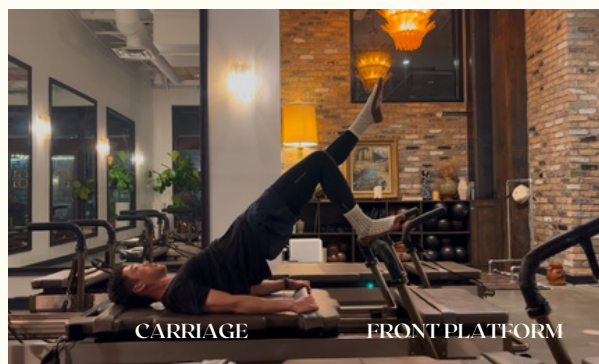


## HEAVY LEG EXERCISES



### Heavy Single Leg Press (in bridge position)

[right leg]

On the carriage, facing the front 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)
  - Start on the carriage facing the front platform
  - Turn the handlebars inwards to face each other
  - Scoot all the way forward to the end of the carriage and lay down with your head towards the back platform
  - Hold onto the front carriage straps with your hands and bring both your heels onto the handlebars
  - Lift up into a bridge position and then lift up the left leg towards the sky
    - you can cross your left leg over your right thigh like how a guy crosses his legs if the straight leg up is uncomfortable
- Execution (how to perform the exercise)
  - Exhale as you push your right heel into the handlebar to move the carriage back
  - Inhale as you bend your right knee to bring the carriage back
- DO NOT
  - DO NOT go so far back that you drop your hips or arch your back
- 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)