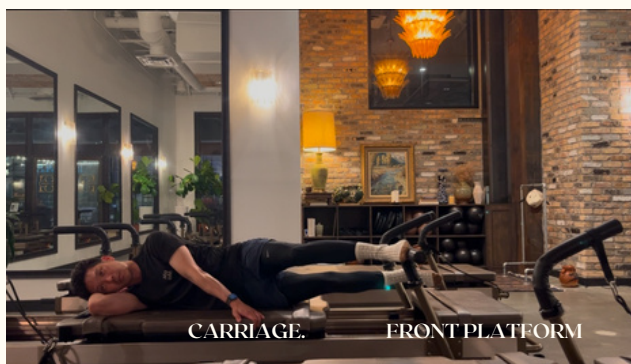
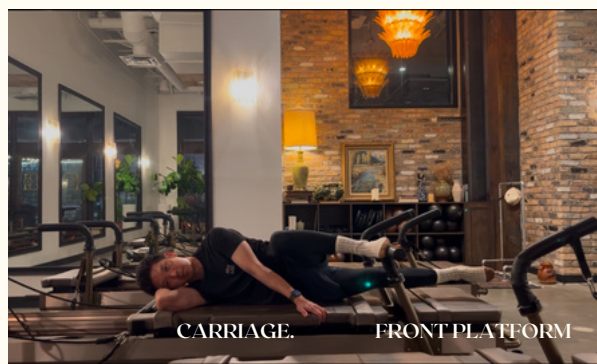


HEAVY LEG EXERCISES



Side Lying Leg Press

[left leg]

Laying on the Carriage, facing sideways

[Xformer]

(Standard: 1 white spring)

(Modification: 2 white springs)

(Intensification: 0 springs)

[Megacore]

(Standard: 3 grey + 2 black springs)

(Modification: 2 grey + 2 black springs)

(Intensification: 1 blue spring)

[Allegro 2]

(Standard: 1 yellow + 1 blue spring)

(Intensification: 1 red spring)

[Evo Reformer]

(Standard: 2 green springs)

(Modification: 1 blue + 1 yellow spring)

- Setup
 - Starting on the carriage, facing the front platform
 - Lift up the right handle bar and turn it to the right
 - Lay down on your right side and scoot towards the front edge of the carriage with your head towards the back of the carriage
 - Your head will rest on your bent right arm, and your left hand will hold onto the side of the carriage
 - Place your left foot onto the handlebar you turned outwards
 - Lengthen your right leg towards the front platform, lifted off the reformer (or knee bent and legs down on the carriage)
 - Lightly lift the right oblique and keep it lifted
- Execution
 - Exhale as you press through your left foot into the handle bar to push the carriage out
 - Inhale as you bend the left knee to bring the carriage in (stopping once the left leg is in a 90° angle)

Side Laying Leg Press

[left leg]

Laying on the Carriage, facing sideways

- Do Not:
 - DO NOT round the body (your body should be in a straight line from the shoulder to hips to bottom leg)
 - DO NOT lock out your knees
- Challenge(s)
 - Holds and pulses
 - Push out halfway
 - pulse in 2 inches and out 2 inches (easier)
 - pulse out 2 inches and in 2 inches (harder)