



Handlebar Bicep Curl

on the carriage, facing the back platform

[Xformer]

(Standard: 2 white springs)

(Modification: 1 white spring)

(Intensification: 3 white springs; or single arm)

[Megacore]

(Standard: 2 grey springs)

(Modification: 1 grey spring)

(Intensification: 3 grey springs; or single arm)

[Allegro 2]

(Standard: 1 yellow spring)

(Modification: Shorten the range of motion)

(Intensification: 1 blue spring; or single arm)

[Evo Reformer]

(Standard: 1 yellow spring)

(Modification: 1 blue spring)

(Intensification: 1 yellow + 1 blue spring; or single arm)

- Setup (how to perform the exercise)
 - Start by kneeling on the carriage facing the back platform
 - With one foot, push off the front platform to get to the back platform and grab the two back black handlebars
 - Hold onto the back black handlebars with an underhand grip, shoulder-width apart
 - Knees and legs together, tucked behind the back carriage strap
 - Sit halfway down (butt/glutes above the feet), chest above your thighs, and back flat like the floor
- Execution (how to perform the exercise)
 - Exhale as you pull forward (eyes over the handlebars)
 - Inhale as you lengthen your arms to slide back with the carriage
- DO NOT
 - DO NOT sit down on your feet
 - this may cause lower back pain (around the tailbone region)
- Challenge(s)
 - Holds and pulses
 - pull forward halfway
 - pulse back 2 inches, forward two inches (easier)
 - pulse forward 2 inches, back 2 inches (harder)