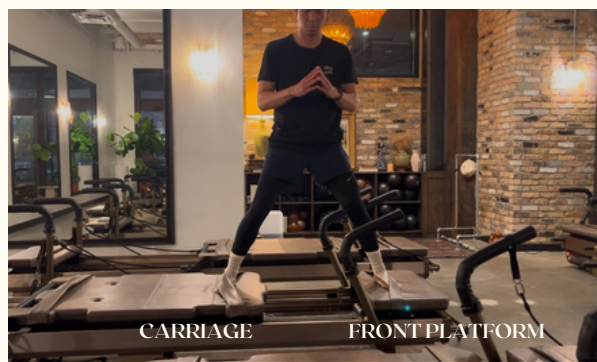


HEAVY LEG EXERCISES



Heavy Squat

[left leg]

In the front, facing sideways

[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 front platform, facing forward.
 - Turn to the right and place your left foot under the front platform strap and your right foot under the front carriage strap.
 - Push through both your feet hip width apart to open the carriage
 - Sit down and back into a squat position
- Execution (how to perform the exercise)
 - Exhale as you press through your heels to come up without moving the carriage
 - Inhale as you sit down and back before bending the knees to lower down into your squat
- DO NOT
 - DO NOT collapse your knees inward towards the midline or belly button
 - DO NOT move the carriage as you squat up and down
- Challenge(s)
 - Holds and pulses
 - Squat down halfway
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)