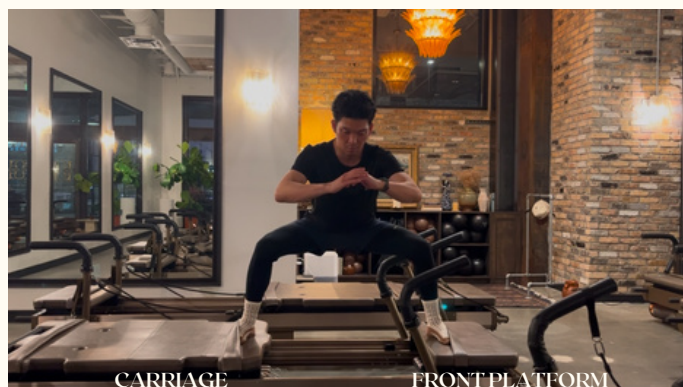
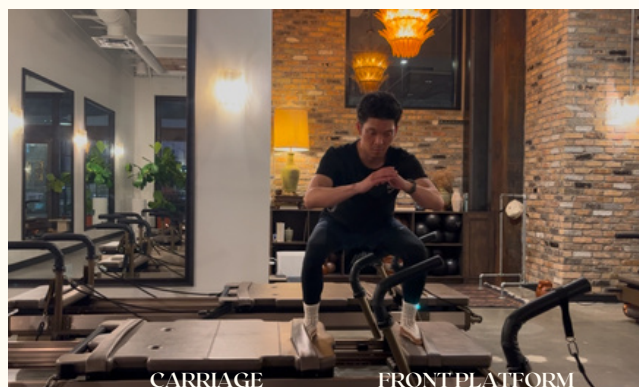


LIGHT LEG EXERCISES



Squatting Inner Thighs

[left 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 spring)

[Evo Reformer]

(Standard: 1 blue spring)

(Modification: 2 blue springs)

- Setup (how to get into position)
 - Starting on the carriage facing the front platform, step up and onto the front platform and turn right
 - Place your feet under and in between the front platform strap and carriage strap
 - Push the carriage out hip width apart and meet me low in a squat position
- Execution (how to perform the exercise)
 - (Keep weight even distributed in both legs, staying low in a squat position)
 - Inhale as you start to separate both legs apart as evenly as possible
 - Exhale as you press both heels down squeezing your inner thighs to bring the feet together evenly
- DO NOT
 - DO NOT go so far that you have trouble coming back in
 - DO NOT only move out with the carriage leg
- Challenge(s)
 - Squat pulses
 - Open the carriage halfway
 - pulse up 2 inches and down 2 inches (easier)
 - pulse down 2 inches and up 2 inches (harder)