

HEAVY LEG EXERCISES



Bungee Hamstring Curl

[left leg]

On the carriage, facing the back platform

[Xformer]

(Standard: whichever heavy spring load exercise you're on or going to be on)

(Modification: knees on the front platform and forearms on the carriage)

(Intensification: both knees and forearms on the carriage)

[Megacore]

(Standard: whichever heavy spring load exercise you're on or going to be on)

(Modification: knees on the front platform and forearms on the carriage)

(Intensification: both knees and forearms on the carriage)

[Allegro 2]

(Standard: whichever heavy spring load exercise you're on or going to be on)

Note: both knees and forearms must be on the carriage because the front platform extender is too hard

[Evo Reformer]

(Standard: whichever heavy spring load exercise you're on or going to be on)

(Modification: knees on the front platform and forearms on the carriage)

(Intensification: both knees and forearms on the carriage)

- Setup (how to get into position)
 - Start by standing in front of the front platform, facing the carriage
 - Place your right knee onto the front platform and pick up the bungee to place it around your left foot against the arch/heel
 - Crawl onto the carriage kneeling over the front carriage strap, lowering down onto your forearms
 - Forearms and knees are hip-width apart
 - Left forearm stays down and right hand holds the right side of the carriage
 - Lift your face away from the carriage, lift your chest, and engage your core
 - Bring your left leg up to a 90-degree angle with your foot flat like the ceiling as high as you can hold
- Execution (how to perform the exercise)
 - (without lowering your left knee)
 - Inhale as you lengthen your leg back without losing tension in the bungee
 - Exhale as you bend your left knee to bring your left heel towards your butt

Bungee Hamstring Curl

[left leg]

On the carriage, facing the back platform

- DO NOT
 - DO NOT let one hip of the anchored knee lean outwards away from the midline
 - DO NOT arch your back or tuck your chin into your chest
- Challenge(s)
 - Holds/pulses in a Bungee Kick
 - Bend your left knee to bring your left heel towards your butt at a 90 degree angle
 - pulse down 2 inches and up 2 inches (easier)
 - pulse up 2 inches and down 2 inches (harder)

Note: In my opinion, you can perform this on light springs, but it will be harder because you'll have to control the carriage from moving more