

Allegro[®] 2 Reformer Extended Head End Platform Getting Started Guide

Please read through these instructions completely prior to installing the Allegro 2 Reformer Extended Head End Platform

The Allegro 2 Reformer Extended Head End Platform can only be used with Allegro 2 risers.

PARTS INCLUDED

Description	Part No.	Qty
Allegro 2 Reformer Extended Head End Platform	17461	1
Foam Pad	17471	1

The Allegro 2 Reformer Head End Platform cannot be used with the Allegro 2 lower spring mounts, provided with the Allegro 2 Tower.

Not for use with Allegro 2 Tower.

INSTALL ALLEGRO 2 REFORMER EXTENDED HEAD END PLATFORM ONTO ALLEGRO 2 FRAME

Angle platform to install around risers and under ropes, as shown in FIGURE A.

Confirm platform is mounted properly by pressing on the top of the platform.

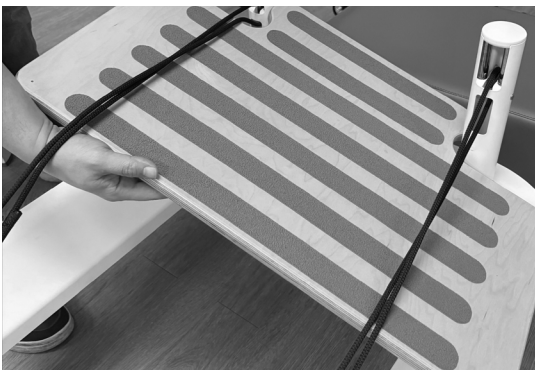


Figure A

Put on foam pad as shown in FIGURE B

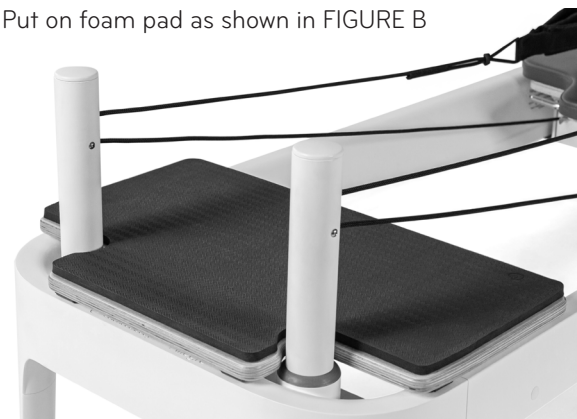


Figure B



SAMPLE EXERCISES

Shoulder Extension

Springs: 1 Yellow Lower OR 1 Yellow Upper Deck

Position: Kneeling on Board facing Footbar. Hands on Shoulder Rest

Movement: Keeping arms and spine straight, exhale and pull carriage towards you into spine extension. Inhale and return carriage towards footbar, controlling speed of carriage.



SupineCurls w/ Hamstrings

Springs: 1 Yellow Lower OR 1 Yellow Upper Deck

Remove Shoulder Rests

Position: Supine on carriage with feet on center of board.

Movement: Place hands behind head. Lifting head, neck and shoulders as you bend knees and bring carriage to board (Exhale). Straighten legs and return carriage to starting position (Inhale)

Reps: 8-10



PLANKS

Springs: 1 Yellow Lower OR 1 Yellow Upper Deck

Remove Shoulder Rests

Position: Facing uprights, Prone position with elbows on board. Toes on carriage. Knees off carriage.

Movement: Exhale as you bend knees and bring carriage towards board. Inhale, straighten legs and return carriage toward footbar

Reps: 8-10

Option: Option: Hands on Board instead of elbows



LAT PULL w/ OBLIQUE

Springs: 1 Yellow Lower OR 1 Yellow Upper Deck

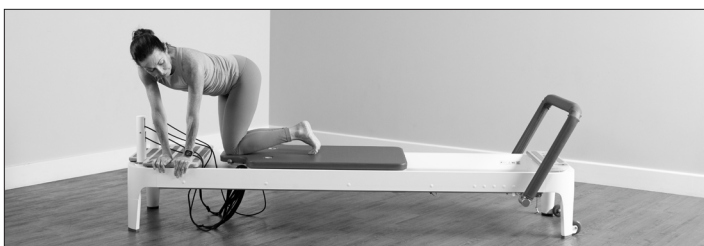
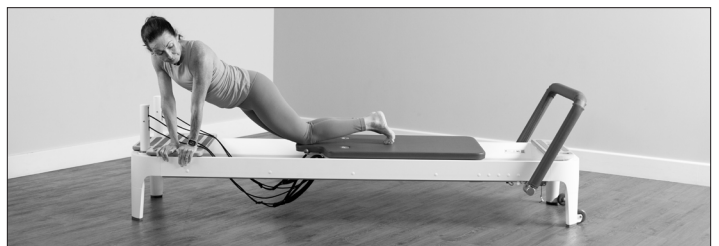
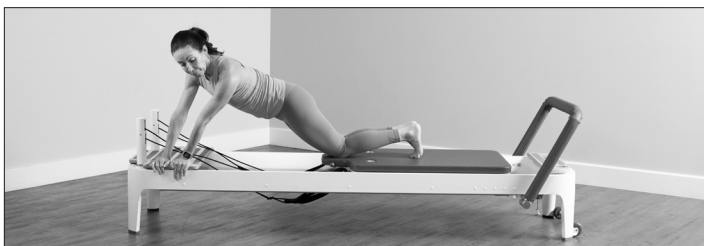
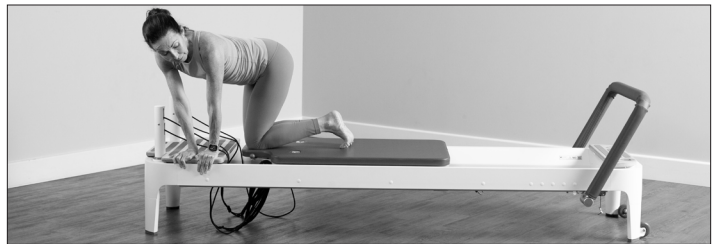
Remove Shoulder Rests

Position: Facing Uprights. Hands on LEFT side of board. Knees on Carriage.

Movement: Pull and keep upper body over board. Bend knees and bring carriage under hips. Keeping the knees under the hip, return carriage towards footbar using the upper body (shoulder flexion). Keeping knees under hips, return to board using the upper body (shoulder extension). Push carriage back with knees.

Reps: 8-10

Repeat on RIGHT side



ROLLUP

Springs: 1 Yellow Lower OR 1 Yellow Upper Deck

Position: Facing footbar. Knees on board. Hands on shoulder rests.

Movement: Exhale as you bring carriage towards board, flexing spine. Bring gaze to knees as you flex spine. Inhale, return carriage towards footbar, extending spine and lifting gaze.

Reps: 8-10



ONE ARM CHEST FLY

Springs: 1 Yellow Lower OR 1 Yellow Upper Deck

Position: Facing side with both knees on board. One hand on upright, the other hand on shoulder rest you are looking at.

Movement: Keep the arm on shoulder rest straight the entire movement. Exhale as you bring carriage toward board. Lift the chest and keep the spine in extension. Inhale, keeping the arm straight, return carriage towards footbar, spine in slight extension.

Reps: 8-10

Repeat on Other Side

