

going up/ down front

Springs: 1 top and 1 bottom or 2 top

WARNING: This exercise should first be done on the Electric Chair if possible to get the feel of the movement. If one is not available, place the chair close to a wall so there's something nearby to grab.

SET UP: Bring the pedal down with one foot. Place both hands on the seat and step the other foot onto the pedal. Center yourself on the pedal and step one foot forward onto the seat. The inner arches of your feet should be on either side of an imaginary center line that cuts through the seat and the pedal. Raise the heel of the back foot and keep the front foot flat. Square your hips.

MOVEMENT: Lift up the pedal, keeping your form but moving forward and up, as if you were on an escalator. Rise up until the pedal stops and then slowly lower down. Repeat 5-8 times. Change sides by placing the hands back on the seat and bringing both feet to the pedal, then repeat 5-8 times with the other leg forward. When finished, lower the pedal and place both hands on the seat. Step one foot back and control the pedal back up with the other.

BREATHING: Inhale as you rise up. Exhale as you lower down.

CUES: This is not a pumping exercise: ascend and descend as if floating like an angel. Also, keep your back heel lifted and reach the ball of that foot away from the pelvis throughout the exercise. When you come down, don't shift your weight toward the back foot. Do not stick your butt out at any point during the exercise; keep your hips under you and square the entire time. Lastly, the breath is of the utmost importance. If you hold your breath, you will lose your balance. Instead, think of floating up as you inhale and controlling down with a long, smooth exhale.



Safety comes first when working out on apparatus: Consult your teacher before trying these moves on your own.