



Fit Quickie #1: '7 Seconds to a Flat Belly' Tutorial Transcript

This is Lani Muelrath, and this is the tutorial for Fit Quickie number one, "7 Seconds To a Flat Belly."

In this audio you will learn how the Fit Quickie success principles apply to this move. Then you will experience the feel of the muscle isolation work load to take forward with you into practice. From there, you will be ready to move to the practice track and begin.

Once you have learned the details of the tutorial, development of mastery grows as you continue your practice. At any time you can return to the tutorial to sharpen your expertise. New layers of muscle mastery will emerge as your practice deepens, and with practice come those results in body shaping and strengthening that comes from isolating and overloading the muscle. Remember as with all Fit Quickies your sequence for set up to remember is pair, that's P-A-I-R: position, anchor, isolate, and repetition.

For the 7 Seconds to a Flat Belly standing version this means specifically key positions. Start by positioning the body in optimal alignment for the Fit Quickie sequence. For the 7 Seconds to a Flat Belly standing it's simple.

Stand with your feet in parallel right beneath your hip joints, soften your knees and gently curl your tail gone under. Next, erect your spine so the ribs are stacked right over your hips. And as my dance teacher taught me years ago, left the ribs vertically from the hips creating more space. Next open your chest and secure your position by engaging the muscles through the mid back to stabilize your upper body posture. And finally, press the crown of the top of the head to the ceiling keeping your gaze forward and on the level so that you're lifted spine extends all the way up through the neck keeping a sense of open energy all the way through the top of your head.

Next A - Anchor: Place one hand on a contact point next to your body at about waist height. This can be a kitchen counter or bar, high back of a chair, a dance bar or anything else that will serve as a stabilizer, thus the anchor point for this move are 1) The shoulder girdle stabilization from positioning and 2) your hand on a stable surface.

Next I - Isolate: In this exercise though other abdominal muscles will come into play, your focus is on the transversus abdominis muscle. You will find this muscle right underneath what we fondly refer to as the belly pouch area that is, just a couple of inches below the belly button. To facilitate focus you can place your free hand lightly on this area, remember you want to laser in.

And finally,

R- Repetitions and that means action, start the reps. Looks at the action. Instructions. Your transversus abdominis muscle which I will know simply refer to as your TA, has several functions. One of these is to facilitate exhalation. As a matter of fact, when you want to blow a breath out quickly like blowing out the candles on a birthday cake, this muscle scrambles into action right away to make it happen. You can find this muscle by placing your hand on the TA area and lightly coughing or laughing or blowing the breath out rapidly. Right now try that, cough lightly or blow a breath out sharply to find this muscle, can you find it?

During the course of the 7 Seconds exercise, you will be expelling the breath in a more controlled fashion using the TA muscle in an ever increasing contraction to flatten and firm the lower abdominal area. This is where you want your attention. It is possible to squeeze the TA muscle tight via isometric contraction. This is the skill that we are developing. And though at first it may seem somewhat illusive the TA muscle has become a blind spot for many. But with practice you will be able to contract this muscle deeply and rapidly on demand. You will be able to feel a deep burn into the muscle sooner and sooner as you become more skilled at this move.

Let's quickly review the sequence to get the idea.

The sequence to 7 Seconds to a Flat Belly has 3 stages.

Stage 1: You will exhale evenly and slowly for 7 counts while consciously contracting the TA muscle.

Stage 2: Keeping the breath expelled, and with the TA muscle contracted to your maximum, you will continue to isometrically contract the TA muscle for the next 7 counts.

Stage 3: You will gently relax the abdomen and the TA muscle while you allow the breath back in for 7 counts.

Please note that if you find it difficult to hold the breath out after the exhale, or if this has been contraindicated for you for any reason, it is perfectly alright to breathe during the held contraction phase. Actually, it increases the isometric workload because you have to counter-instinctively hold that TA tightly contracted against the expansion of the abdomen that comes naturally with an incoming breath. So this is perfectly fine if you prefer. Don't worry about it.

Finally, keep in mind that it may take a few rounds or days of practice before you really feel the TA muscle working. If you can't find the muscle at first, this gives you some good information because it is a symptom of reduced tone in the lower abdominal wall and gives you good reason to challenge the TA and recover its power to flatten your belly, improve your posture, and bring better balance and stabilization to the body core, which also protects your back.

In the Practice Track, which you will move to right after this Tutorial, you are going to do 7 repetitions of the 3 part sequence. To review, the sequence is as follows:

Stage 1 is the exhalation; stage 2 is the isometric hold; and stage 3, relax and inhale. 7 counts progressively contracting the muscle as you exhale, 7 counts of an isometric hold of the muscle, and 7 counts rest and recovery, before the next round.

Practice this exercise every day for the first week. This will help you to more quickly connect with the exercise and the transversus abdominis muscle. Then you can switch to 4 to 5 times a week or continue with more regular practice if you like.

There are lots of reasons to condition the transversus abdominis muscle, and flattening the lower abdominal area with this exercise can be facilitated quite effectively. No wonder 7 Seconds to a Flat Belly is Fit Quickie #1.

Ready for practice? Pop in the practice track, and let's go.