



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

Hi, Lani Muelrath here and this is the practice track for Fit Quickie #1 – 7 Seconds to a Flat Belly.

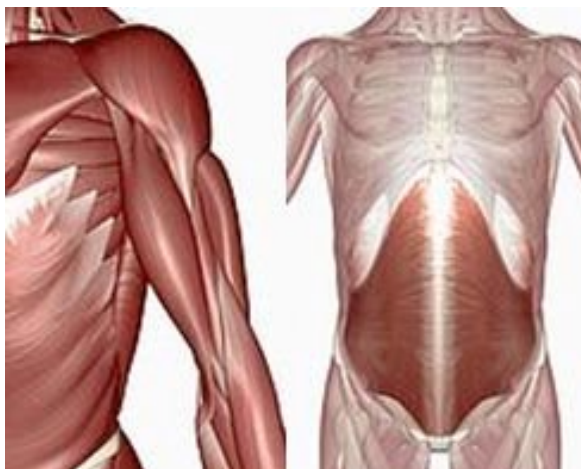
Before practice, be sure you have listened to the Tutorial Track which will prepare you for optimal results. Remember your Fit Quickie checkpoints: PAIR - position, anchor, and isolate for reps.

Let's stand in correct position, feet in parallel, knees slightly bent with tail curled under, ribcage lifted, upright your spine and chest open. Anchor the shoulder blades over the ribcage and back, and place one hand on a stabilizing surface for second anchor.

Isolate that transversus abdominis muscle with the option to place your free hand on your belly to help create laser like focus.

Now you're ready to begin those reps. Remember, we'll be doing 7 rounds.

Round 1, let's go. Prepare with a gentle full breath in to give you a strong start on the first push out and now exhale, out, 3, pull in the belly to the back of the waist, 6, squeeze the breath out now hold it there, 2, squeeze tight, tighter, as tight as you can, 6, 7, and then release, relax the belly and let the breathe in, ribs up, 6, 7, round 2 and exhale, hold the belly in, slow, 5, 6, 7, now hold and squeeze it, 2, squeeze, squeeze, come on, 5, 6, give it everything and now release, inhale, recheck position, 3, 4, relax your face, I know, all the way for round 3.



Pull the belly in, 3, focus, squeeze, contract, 7, and you're there. Now hold it tight, and 2, feel the connection, 4, stay on it, 6, tighter, and open it up, 2, 3, relax a muscle, let the breath easily in, 7, and now round 4, exhale, 2, note that muscle fatigue setting in, that's what you want, 7, squeeze it all the out now hold it, 2, scoop the belly in harder.

Flatter and tighter, squeeze like a fist, 7, and then release, 2, ribs up, 4, shoulders back, 6, 7, round 5, breathing out, muscle in, imagine pulling those hip

bones together and 5, 6, 7, lock that squeeze now hang on to it, 2, 3, give it all you've got, 5, 6, 7, let it go, inhale, 2, 3, stay strong and 5, 6, last 2 rounds and exhale, pull it in, scoop to the back of the waist, 5, 6, and now to your max, hold that contraction, keep squeezing, 3, 4, check position, fight to keep it tight, and ready, breath in, 2, waiting for that last round, ribs are up, shoulders back and last round.

Exhale, squeeze, pull, feel it flatten, 5, 6, here we go, last hold, now squeeze it, feel that fire in your belly, 4, 5, last big squeeze, 7, now let it go, and inhale, 2, 3, keep that beautiful posture, 5, 6, 7, and we're done.

There you have it. If you'd like to do more rounds, simply start the practice again.