



Fit Quickie #10 'Leg Plays' Tutorial Transcript

Hi, it's Lani.

Hey, let me ask you a quick question.
Has this ever happened to you?

You find yourself get into a certain point in your day, maybe it's even when you get up in the morning and you feel like "Of, if only I can just have a quick energy boost, something to get me going, something to move me forward through the rest of the day?"

Well, I've got a perfect solution for you because of course we've all had times like that. This is one of my instant invigorators and I call it "Leg Plays", and I'll explain that to you in a minute. This is the perfect move for any point during the day. You can do it anywhere, get your legs energized, get your body moving and here's the thing – it's also the perfect little warm up to sneak in before you sneak in those lower body Fit Quickies and I'll tell you more about that in a minute.

Hi, I'm Lani Muelrath, creator of the Fit Quickies and the Body Transformation Formula. In today's video, what I'm going to do is teach you leg plays, which is the perfect instant invigorator for your body and a warm up for Fit Quickies such as Fit Quickie #4, which is Gorgeous Glutes and Hamstrings, Fit Quickie #5, which is Topless Tuffins, #6 –Thigh Warriors, and the new Fit Quickie #9, which is Stand-up Seat.

I promised I was going to explain the name. I call it Leg Plays because it brings all the muscles of the legs into play quite quickly. Here's what I'm going to do – I'm going to explain to you how to set up for the exercise so that you get the most benefit in terms of form and alignment, how you're going to bring all those legs muscles into play, and then I'll take you through the sequences.

What you are going to need is actually something to grab onto like a chair, or a counter. I've done these on railings at airports, hoods of cars, it's just to stabilize for us because remember when you're doing any kind of isolation work, you want to now be struggling for balance, you want to be able to isolate those muscles.

So here's what's going to happen: correct position is that you're going to start with your feet in parallel, hip width apart, that means this is about how far hip width apart is (width of your fist). If you can get that between the insides of your feet, that's about the correct distance.

Toes are straight ahead, you're going to bend the knees just a little bit, then you're going to tilt the pelvis under, meaning the top of the pelvis tilts back, get your ribcage up out of your hips, roll the shoulders back so that you get all your posture muscles into play, push the top of your head to the ceiling, and the back of your head to the back wall. Ready?

Grip your seat, tuck a little bit more, and straighten your legs all the way. Now what's happened is you've gotten your seat muscles into play, you've got your quadriceps to come into play because they help extend that leg straight, your abdominals are here in play, and all the muscles in your back also.

Now what we're going to do is bring the calves muscles into play. This is very similar to standard calf raises, but I've put alignment and form on you and I'm going to give you a little extra twist.

Watch this: first, let's just do a few quick raises, up then down, then up then down, and I want you to get the feel of what it's like to have the legs straight, no soft knee, toes straight ahead, grip the seat, and you can feel the hamstrings and the calves come into play as soon as you come up and down, up and down.

Now here's where our rhythm is going to look like: we're going to add 2 little pumps at the bottom, pump, pump, lift, pump, pump, lift. Drop the heels to the floor then up to the toes. The whole time, I'm getting my shoulders in position, I'm keeping my seat gripped, and my legs straight. I can feel the calves burning, I can feel the hamstrings working, and yes, the seat is going too. Then we'll do that 8 times, finish with 8 single reps like this: lift, 2, 3, 4, 5, keep it gripped, keep it straight, and 8.

Then a short break to move into next position. I'm going to move my heels together and turn my toes out into second position. From the front, it would look like this, just a little turn out. From there, we'll repeat the same thing. Shoulders, straight legs, seat under, seat gripped, tucked, head to the ceiling and down, down, lift, down, down, lift, keeping tall and strong, down, down, lift, grip this harder, legs are straight, 6, 2 more, 7, and then 8, then 8 singles, down, up 2, keep the legs straight, your gripped seat going to want to let go, don't let it happen, 7, and 8.

By now your blood will be pumping, see how little time that took. Your muscles are all warmed up. Whenever you work those large muscles in the legs, you get instantly energized. That's why I call this an instant invigorator.

Now a little bit of stretch. Place one foot straight behind, toes are straight ahead, go ahead and lunge into that front knee, keep that back heel on the floor so that you are stretching all the way through the calf because the calf will be a little tight. Then switch sides, other foot forward, other foot in back, toes straight ahead, lean on it until you feel that stretch in the back leg.

And there you have it! Leg Plays brings all the leg muscles into play quite quickly. You'll enjoy this as an instant invigorator any time or as a prelude to sneaking in those Fit Quickies throughout the day.

This is Lani; I'll see you next time!