



Fit Quickie #10 'Leg Plays' Practice Transcript

Hi, this is Lani Muelrath with the practice track for Fit Quickie #10 - Leg Plays. Ready to get all those beautiful leg muscles into play? Let's go.

Stand with your feet in parallel, hip width apart, bend the knees slightly, tuck the pelvis, lift the rib cage, engage your abdominals and roll the shoulders back to get the posture muscles active. Now with the top of your head toward the ceiling, grip the seat, tuck again and straighten your legs all the way. We'll start with the calf pumps for 8. Ready?

Here we go, down, down, up 1, down, down, up 2, down, down, up 3, keep the seat gripped, the legs are straight, down, down, up 5, down, down, up 6, keep the ankle joints straight as well and now for single counts for 8, down, up, 2, stay strong in your form, and 5, 6, 7, and 8.

Next round. Change the position of your feet to second position, toes out turned and let your heels kiss. Soften the knees, tuck and grip the seat again, reconnect with that beautiful lifted posture and then straighten the legs and begin.

Here we go, down, down, up 1, down, down, up, 2, watch that you keep the legs straight, keep the seat gripped, down, down, up, 5, down, down, up, 6, down, down, up, 7, and now for single counts, 2 sets of 8, 2, 3, 4, tighten the abs, tie in the toes, 7, and final 8, 1, 2, 3, stay strong to the finish 5, 6, 7, and 8.

Now that your blood is pumping and your muscles are all warmed up, it's time for a short stretch.

Step your right foot forward and place the left foot straight back with the toes on both feet straight ahead. Gently lunge into the forward knee, keeping the back of the heel on the back foot pressed toward the floor for in intense and effective stretch to that back leg. Keep the body upright with the chest open, hips squared, headlights straight ahead, and stabilize yourself for the stretch with a bar or chair.

Take a deep breath or two, relax your face and feel the legs recover and yet staying energized at the same time.

Switch legs. Stretch your left foot forward and move your right foot straight back. Toes are forward, heel toward the ground and back, square your hips, and stay strong and active through the stretch. Easy breathing, press a little bit further and you're done.

There you have it. See why I call this Fit Quickie #10 an instant invigorator?