



Fit Quickie # 4 'Gorgeous Glutes & Hamstrings' Practice Transcript

Hi, Lani Muelrath here with the practice track for Fit Quickie #4 – Gorgeous Glutes and Hamstrings. Let's get started.

On your elbows and knees, or hands and knees, let's quickly set up for best-performance. Your knees directly beneath your hips, your elbows or your hands beneath the shoulders.

Your spine is long with a straight line out the top of the head. Grasp the foam padding behind the right knee, pull in the abdominal wall, tuck the tail bones slightly under and raise that knee up into position till you feel the catch. Keep those headlights on the front of the hips and directly toward the floor.

We'll start with 8 slow repetitions of squeezing the heel in toward the seat. Ready? Here we go, squeeze and hold for 1, squeeze and hold, and 3, keep that knee up and 4, squeeze and hold, 6, 7, and one more, now 8 slow lifts, and 2, keep it squeezed, and 3, lift and hold, and 5, and 6, just as high as you can come, 7, without losing position, squeeze and tease, lift, lift, lift and hold, and lift, lift, lift and hold, minimize that rebound, lift, lift, lift and hold, stay in the muscle, 2 more times lift and hold, check your position. Last time lift, lift, and hold, and finally 24 quick reps up, 2, 3, 4, small move, 6, 7, and 8, keep breathing 9, 10, 11, 12, chest open, 14, shoulders back, 16, 17, 18, 19, good now stay in form while slowly bring the right knee down.

Release the foam pad, reset the upper body, and now, take that same leg and extend it straight out behind you. Your hips are square, your abdominals are in, your shoulders down from the ears and the chest open. Now with that foot flexed, raise the right leg up directly behind you. At the top of the turn, turn the toes of the right foot toward the right, slightly rotating the leg outwards while keeping it straight. Start with 8 tiny lifts up. Ready? Here we go, and up, and 2, it's a tiny move and 2, keep retail tucked under, 4, belly's in, 5, keep your head up, 7, and ready squeeze and tease, and lift, lift, lift and hold, keep that toe pointing out, lift, lift, lift and hold, small moves, lift, lift, now fight to keep that leg straight, and lift, lift, keep pressing the heel to

the wall behind you, last time, lift, lift, and finally 20 quick repetitions up, 2, 3, 4, stay with it, 5, 6, keep reaching, 8, 9, 10, 11, 12, good, 13, 14, 15 almost there and, 17 stay strong, and 19, good.

Okay, now stay in form. Always keep your transitions beautiful while you switch to work the other leg. Grasp the foam padding behind the left knee, pull in the abdominals and tuck the tailbone slightly under and raise that left knee up into position. We'll start with those 8 slow repetitions, ready, here we go, and squeeze, just squeeze on that foam, 2, and 3, get the belly in, tail tucked, 4, chest open, 5, and 6, you're feeling it right away, 7, and then hold the squeeze and lift for 8, and 2, and 3, very tiny moves, 4, stay right in that muscle, you'll feel it burning now, and 6, and 7 one more time, and here we go. Squeeze and tease, lift, lift, lift and hold, square your hips and lift, lift, lift and hold, the abdominals strong, 3 more, lift, lift, lift and hold, good, lift, lift, lift and hold, one more to go, and lift, lift, lift and hold. 20 quick reps and 1, 2, 3, 4, stay with it, 6, 7, chest is open, and 9, tuck the tail under again if you need to, and 13, 14, 15, 16, keep going, and 19, and good.

Now slowly, stay in form while you bring that left knee down, release the foam pad, reset the upper body. And now extend that left leg straight out behind you. Your hips are square, abdominals in, and shoulders down from the ears. With that left foot flexed, raise the left leg up directly behind you at the top of the turn, lift and turn the toes toward the left. Slightly rotating the leg outward while keeping it straight, start with those tiny lifts up, and lift, lift, 2, and 3, and 4, curl the tail under, and 5, keep your core strong, 6, 7, and now squeeze and tease and lift, lift, lift and hold, keep that leg straight, lift, lift, up and hold, keep it close to the body, and lift, lift, lift and hold, press that heel out, two more times, lift, lift, lift and hold, last time, lift, lift, lift and hold, now finish 20 quick reps up, 2, 3, make every rep count, and 5, 6, 7, and 8, keep going, stay strong, and 11, 12, stretch, reach, 15, 16, 17, 18, 19, and 20, then slowly let that leg down and let have a well deserved stretch.

Extend your legs straight out in front of you. If you need to add the elevator to keep your spine erect, slip it under your tail now. As your hamstrings become more flexible, you will be able to lower that elevator and finally eliminate it. Keep the right leg extended with the toes and foot gently flexed toward the ceiling. Bend your left knee and place the sole of your left foot against the inside of the right leg as high up as you can, keep in the left knee drop toward the floor. With the upper body reaching the top of the head toward the ceiling, and then keeping the spine long, press the chest gently toward the right leg. Continue to breathe, play with the edge of the

stretch and when it releases, move in a little more. Good. Then slowly release and switch sides.

Your left leg is now extended directly following. Bend the right knee and place the bottom of the right foot high on the inside of the left leg, the right knee dropped toward the floor. Lift the upper body and gently press the chest forward, square over the leg. Continue to hold as you breathe, then press the chest in a little further. You can also imagine lifting your tail gently and back towards the wall behind you. Do not reach forward with your arms and grasp the leg, simply keep the arms relaxed at the sides of the torso, your fingertips on the floor, and lift all of the energy of the stretch be for pressing the chest forward, the long lifted spine. Slowly release and you're done.

Gorgeous Glutes and Hamstrings, Fit Quickie #4, To your backyard body shaping success!