



Fit Quickie #4: ‘Gorgeous Glutes & Hamstrings’ Tutorial Transcript

Hi, this is Lani Muelrath with the tutorial track for Fit Quickie #4 – Gorgeous Glutes and Hamstrings.

Gluteals and hamstrings are very important muscles to target and the reasons are many.

First; these muscles are at the top of the list for developing when it comes to shaping and sculpting a woman’s body. Women’s legs are beautiful and have such potential for amazing flow of shape. All it takes is some overload on the muscles to bring up those great curves to the back of the thigh and seat.

Second, the glutes and hamstrings are important core muscles that provide solid stability to the back and lower torso for all of your carriage and movement. And finally, being among the largest muscles on the body, getting them fired during your workouts means lots of muscle fibers engaged, which translates to burning calories at a premium.

I’ve designed gorgeous Gorgeous Glutes and Hamstrings to bring to your workout some very important research that was recently completed. This research compared 8 exercises for the hamstrings and gluteals to determine which provided the strongest muscle fiber activation. The quadruped hip extension exercise, upon which Fit Quickie #4 is based, came up the winner for both, and I’ve taken it a little further by adding the extra workload of the squeeze.

Now you know you can count on me for some extra "umph" and challenge to isolation work. For the squeeze, all you’ll need is a small piece of foam padding about an inch thick and 12 to 14 inches in length and just about as wide. This is going to be used to intensify the isolation of the muscles we are targeting along the back of the thigh and into the seat, the hamstrings and the gluteals. The piece of foam will be sandwiched behind the knee between the hamstring and the top of the calves. Please review the Fit Quickie #4 video tips for clear demonstration of positioning.

Let’s set up the proper positioning now. You will be on your elbows and your knees. Your elbows should be right under your shoulders and your knees directly beneath your hips. The abdominals should be engaged. Tilt the top of the pelvis slightly back

as you perform a slight tuck of your tailbone. Together, these 2 elements provide a stable platform for the workload and increase the focus of the workload just where we want it, the hamstring and continuing on up into the muscles of the seat, the gluteals. As an alternative, you can work on your knees and your hands. I've also demonstrated this in the video. Keep a long line through the spine to the neck and out the top of your head. Avoid letting the head droop or lifting the head to look up, which may create tension through the shoulders. At the same time, keep your shoulders released down from the ears and the chest open by staying strong in the upper back.

Your anchor points then are at your knees, your elbows, and your abdominals.

To isolate the hamstrings and gluteals, you'll begin by grasping the piece of rolled foam behind the knee. If starting with the workload on the right leg, you'll keep the left knee on the floor and sandwich the foam behind the right knee. This kicks in the isolation immediately.

Now keep the position elements in place with pelvic tilt and abdominal wall pulled in. Raise the right knee with the foam tucked in directly behind you. You may find that you don't get all that high with the knee. It is important not to let the lower back sway to let the top of the pelvis pop forward. The isolation of the hamstrings and gluteals is the priority here, not how high you can get with the knee, so only raise that knee up behind you until you feel the hamstring catch at the lower part of the seat. This is your position.

Also be aware that you keep your hips squared to the floor. Imagine you have 2 headlights on your hip bones shining straight to the floor beneath you. Keep them directed downward. You are going to be tempted to open the hip and to let the knee on the working leg drift out to the side. This is the way that the muscle will try to check out of the workload. It's your job to keep things lined up correctly, so you get the muscle work and the shaping that you are after.

And finally, it's time for the repetitions. Here's what the sequence will be like:

Part 1 – you are going to squeeze and release the piece of foam behind that knee for 8 slow counts. Keep the release tiny so that you stay in the muscle.

Part 2 – you will hold the foam pad grasped into the squeeze and slowly with your foot flexed pressed the heel of that foot toward the ceiling by pulling from your gluts. Be mindful of pulling with the seat rather than just kicking your heel upward. Work it as hard as you can.

Part 3 – squeeze and tease. Still holding the foam and with the flexed foot, you will continue to pull the heel to the ceiling with your glutes with this pattern: lift, lift, lift and hold, lift, lift, lift and hold. You will do this for 5 cycles.

Part 4 – next, you will complete 20 up tempo presses of the heel toward the ceiling. They'll just be a little faster now.

Next, now you're not done with this side yet, there's another short segment or two to go. Bring the knee down and let go of the foam. Then take that same leg you were working and extend it straight out behind you on the floor. Again, connect with squaring the hips, headlights on the hips forward, abdominals in, pelvis slightly tucked. Now raise that right leg up behind you with the foot gently flexed. Bring it up as high as you can without letting go of hip position. Again height is not important here. Straighten the leg and try to press the heel to the wall behind you. At the top of the move, turn the toes of the right foot towards the wall on your right. You will have a slight opening of the hip. This is fine as you are moving the work to incorporate more gluteus and medius at the side of your seat. All the glutes are in play here, you've just shifted the target zone somewhat.

Begin with 8 slow repetitions at the top of the lift. Again keep it tiny, minimizing rebound and working deep in the muscle. Then you will do squeeze and tease, followed by 20 repetitions up to tempo. Stay mindful of keeping abdominal and hip placement. You will then repeat this series on the other leg. Then of course it's time to stretch.

The Stretch

For the stretch, start by seating yourself on the floor with both legs straight in front of you. If you need an elevator under your tail to keep the body erect, just slip that piece of foam right under your tailbone. For stretching the right leg, keeping the right leg extended forward, bend the left knee and bring the sole of the left foot into the inside of the right leg just above the knee. Square your shoulders over the extended leg, keep the spine lifted and gently press the chest forward. You will feel this right in the hamstrings. If you can, gently lift the seat in the direction of the wall behind you to intensify the stretch. Breathe, hold, then press in a little bit more.

Then gently release and repeat on other leg, and you're there.

You'll probably feel the awareness from Fit Quickie #4 the next day, and this tells you it's working. You'll also notice quite quickly how much more solid and better shaped you will start to feel through the 'backyard'. Do this powerful combination several times a week and watch your backyard change. Now it's time to pop in that practice track and give it a go.