



Fit Quickie #Fit Quickie #6: 'Thigh Warriors' Tutorial Transcript

Hi, this is Lani Muelrath with the tutorial track for Fit Quickie #6 – Thigh Warriors.

If you want to sculpt beautiful legs, have rock solid thighs, and to burn calories at a premium, thigh warriors has to be a

part of your workout plan.

This exercise sequence targets the quadriceps muscle group. These are among the largest muscles on your body, which means that every time you challenge them with exercise, you are burning lots of calories, and by shaping these muscles on the fronts of your thighs, you create a unique and flowing look from the front of the hip all the way down to the attachments at the knee.

This exercise also strengthens the knee joints. Let's set it up.

For this move, you'll need a high back chair, counter, or bar as an anchor. You will also need a small playground ball, 6 to 7 inches in diameter as anchor and resistance for the legs.

Thigh Warriors will take place in 2 positions. First with your feet in parallel and second with the feet turned out in ballet second position. Face or have your side to your support, and as always, create good posture before going on. Lift your ribs from your hips, lengthen the spine, open the chest, and have the shoulders back and anchored with your abdominals in. first the parallel position – with your feet in parallel about hips width apart, place the playground ball between and slightly above the knees. Completely straighten the legs and come up high on your toes. This is your position.

Your anchor points are the balls of your feet on the floor, your hand lightly on the chair or bar to stabilize, and the knees locked onto the exercise ball. To isolate the quadriceps muscles, keep a firm grip on that ball and stay perfectly aligned with your posture being vertical from hips to shoulders. Then slowly drop straight down. The knees will drift straight forward over the toes, and you will feel the quadriceps coming into play right away. Your shoulder should be over your hips and over your heels. Come down as far as you can, maintaining good form. This position is very strengthening to the

knee joint, but if you feel sensitivity on the knees, come back up slightly. You want to get into your challenge zone as deeply as possibly. Don't be surprised if your legs start to shake a little. Stay high on the toes and we'll begin the repetitions.

Part 1 – in the lowest position that you have been able to achieve with correct posture, start with a count of 8 slow pulls. During this time, you are rechecking position of the upper body and continuing to press lower as your strength and knees will allow.

Part 2 – keeping a gentle grip on the ball and still staying high up on the toes, drop slowly down an inch, then another inch, then come right back up and little as possible. Down, down, up and hold. Your goal is to stay low right in your challenge zone and drop lower for a couple of counts then back to low again. In other words, don't return to full stand unless you absolutely need a break. We'll do this pattern for 8 rounds.

Part 3 – now, moving up tempo, do very small movement down, up, down, up, keeping as low as you can in good shoulder to hip position and using a small range of motion for 20 repetitions.

At this point, you will be done with the ball as we move into the next series. You're going to change the position of the feet and thus the workload on the thighs will shift a little bit too.

For the next series, place your feet flat on the floor into second position, or with your feet at toes pointing out at a diagonal with your heels touching. You'll be creating a 90 degree angle with the vertex of the angle at the point where your heels are touching. Reconnect with your posture, straighten the legs, then come up high on your toes again. Then walk the feet in together so that your heels are touching. Again, slowly lower into your challenge zone, letting the knees now drift out directly over the toes in their outturned position. Be sure that you are not letting the knees roll in but keep strong position out to the center to the outside edge of the toes.

Part 1 – hold for 8 slow counts in your challenge zone. Again you may start to shake a little. This is good. Reconnect with the posture during these counts. The abdominals are engaged, upper body is strong, and light touch only on your support. Ungrip the seat so the workload is in the thighs.

Part 2 – you will repeat down, down, small upward move from the first round. Down, down, small up. Your job again is to stay in the challenge zone and deepen the work a little with each of the downward drops.

Part 3 – will again be single counts for 20. Down, up, down, up, down, up. This completes the work positions. You can always restart and do another set of each of these if you like. If a second set seems like an easy proposition, then I challenge you to challenge yourself more in the first 2 sets by going lower, and as you get stronger, you'll be able to drop lower to continue to challenge the quadriceps. Again be sure to watch for and avoid letting the shoulders sneak forward to allow you to lean on the support or for them to fall backwards to save you from the workload. Remember to keep the ribs, hips, and shoulders aligned. Keep the abdominals engaged, and imagine a slight forward fold at the waist without shifting the shoulder forward may be very helpful to you.

After the work portion, it's time for a stretch. You will stand with your left foot on the floor slightly bent. Then pick the right foot up off the floor and bend the right knee pointing the toes of the right foot in the direction of the wall behind you. Reach back with your right hand to grasp the heel, ankle, or even pant leg of the right foot. Avoid pulling the right heel in hard but rather think of moving that right foot to the wall behind you as you facilitate the stretch with your right hand. Keep the right knee pointing down to the floor rather than allowing it to drift out to the side. While holding the stretch, keep the standing leg soft and tilt the top of the pelvis slightly back as you tuck the seat to assist with the stretch while keeping the back form arching.

Then repeat on the other side. Enjoy the instant invigoration of Thigh Warriors and if you work hard, you will see and feel the difference in those thighs.