



Fit Quickie #6: "Thigh Warriors" Practice Transcript

Hi, this is Lani with the practice track for Fit Quickie #6 - Thigh Warriors. Let's go.

Face or have your side to the support, reconnect with perfect posture before going on, your ribs with lifted from your

hips, lengthen the spine, open the chest and have the shoulders back and anchored, abdominals in.

Your feet are in parallel directly beneath your hips with the playground ball in place between the knees. Now straighten the legs and come up as high as you can on your toes. Keep a firm grip on that ball, staying vertical from hips to shoulders, but slowly drop straight down into position, letting the knees go straight forward over and the toes. Come down as low as you can in good form and hold for 8 counts, 2, and 3, 4, 5, drop a little lower if you can, stay on the toes, 2 more counts, ready to part, 2, drop down, up a little, and down, down, lift a little, the intensity in that muscle means it's working, and again, down, down, and lift, belly's in, and down, down, and lift, don't get the full standing unless you absolutely need a break, 3 more times, down, down, little bit up, and down, down, back to position, one more time, down, down, ready, 20 counts down and up, down, lift, 2, keep that ball of the foot onto the floor, knees straight ahead, grip the ball, shoulders back, 6, belly's in, 7, and light hold that support, 9, and up, 10, and lift, 11, and 12, stay low, almost there, and down and up and 15, and 16, hardly coming up, stay in the challenge zone, and 2 more, 19, and 20. Pull out, straighten those legs, gently release the ball, let's go right into the next position.

Your toes are outturned, again straighten your legs, come up on the toes and walked the heels in together. Shoulders are back, chest is open, lower into the warrior zone, letting those thighs drift straight out over the toes. Ready? Hold for 8. Here we go and 1, keep those heels pressed together 2 and 3, belly is in, and 4, light grip on your hold, 5, a little bit lower, 6, upper body strong, and 8, ready, go, and down, down, small move up, and down, down, and let go, if you're starting to shake that's okay, down, down and lift, shoulders back, and down, down, and lift, four more, your job is to stay in the challenge zone, and deepen the work a little with each of the

downward drops, 2 more, down, down, lift up, one more, I know, and here we go for 20 repetitions, and down, and lift, and down, lift, and 3, and up, and 4, stay strong, and 5, go the distance and 6, nice deep breathing, 7, and up, and down, and up, 9, and up, and 10, you've got 10 to go, see the finish line, and 2, and 3, a little bit lower, top of the head to the ceiling, and 6, and up, and 7, and 8, last 2, you're almost there, and good. And you're done. Gently and with the strength of control, come out of the position. Now it's time to stretch or you can restart for another full round.

Stand on your left foot with the left knee slightly bent. Then pick the right foot of the floor and bend the right knee pointing the toes of the right foot in the direction of the wall behind you. Raise that right foot up and reach back with your right hand to grasp the heel, ankle, or even the pant leg of the right foot. Avoid holding the heel in hard but rather think of move thing 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 you 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 from arching and compressing that right knee down and the right toe to the back wall. Breathe in, good, then slowly release. Place your right foot onto the floor and let's switch to the other side.

Now you're standing on the right leg. Put that left foot slightly behind you, upper body lifted and raise that left foot off the floor, reach your left hand back and take hold where you can. Again have the feeling of pushing the toe on that left foot to the wall behind you, your right knees bent, your left knee is pointing directly down from the hip toward the floor. Again tuck your seat tilting the top of the pelvis back and keep pushing that left toe back. You will feel that stretch all the way from the top of the thigh down to the belly of the thigh and in toward the knee. Another breath, stretch a little bit more, and exhale and let it go.

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