



Fit Quickie #8 'Hot Seat' Practice Transcript

Hi, it's Lani Muelrath and this is the practice track for Fit Quickie #8 – Hot Seat. Ready? Let's go.

On your back on the floor, your knees bent and your seat flat on the floor, grasp the playground ball between your knees. Now drive your heels into the floor and squeeze the seat to raise it just a couple of inches only as far as you can without breaking rib cage contact with the floor. We'll start with 20 squeezes. Ready?

Here we go, and squeeze, 2, 3, it's a tiny move, and 6, 7, you want to keep that back down, shoulders relaxed, more time in the squeeze, grip it tight. 3 more times, 2, now wider range and squeeze, release, up and down, going for 20, 4, 5, keep the rib cage down, 7, 8, more time in the squeeze and the release, 11, 12, 13, tighter hold, 15, 16, 17, 18, now squeeze and tease, and squeeze, squeeze and hold, squeeze, squeeze and hold, keep that move nice and tiny, shoulders relaxed, more time in the squeeze than the release, squeeze, squeeze and hold, squeeze, squeeze and hold, you can feel it working deeper now, 2 more times, last one, squeeze, squeeze and hold, now 20 small squeezes, up, up, up, up, up, up, 13, 14, 15, 16, 17, 18, 19, 20. 10 more, re-grip that ball. There you go and 5, 4, 3, 2, 1, now just hold the squeeze without a release, 2, 3, little bit tighter, 5, 6, 7, then bigger range and up and down, 2, 3, feel that, and 5, 6, 7, and 8, slowly down again. Now we're going to move into the next position.

Release that playground ball and move your feet wide apart from each other, still a distance away from your hips. Reconnect with your upper body anchors, flex those feet, drive the heels to the floor so that your seat is again an inch or two off the floor, your rib cage down, and your arms relaxed. Here we go, start with the 20 tiny squeezes, ready? Here we go, and squeeze, 2, 3, tiny move, keep the back down, shoulder relaxed, 7, 8, 9, 10, more time in the squeeze, 13, 14, 15, I know you feel it now, 18, 19, now wider range, now squeeze, squeeze, squeeze, going for 20, and up, down, 6, 7, and 8, squeeze, 10, 11, 12, 13, 14, squeeze, squeeze, 17, 18, 19, now squeeze and tease, and squeeze, squeeze and hold, squeeze, squeeze and hold, keep it tiny, keep it sharp, squeeze, squeeze and hold,

squeeze, squeeze and hold, you can feel it, I know, squeeze and hold, squeeze, squeeze and hold, 2 more, squeeze, squeeze and hold, last one, now 30 tiny squeezes, up, up, up, up, up, don't let go for long, up, up, up 10 more, squeeze, squeeze, squeeze, squeeze, squeeze, 6, 7, 8, 9, 10, now hold it without a release, 3, 4, 5, 6, 7, 8, then wider range, up, down, up, down, 3, 4, 5, 6, 7, and 8 and down. Now it's time for some well-deserved stretches. Of course if you'd like to do that whole set again, go back to the top of the track. Other than that, go ahead and reach for that strap because we're going to need it in just a few seconds.

To begin with the stretches, gently fold the knees into the chest and give them a hug, feeling the lower back and the hips and the hamstrings start to release. Nice deep breath, everything slowing down.

Then into happy baby pose, reach to the inside arches of your feet or take hold of the insides of your calves or your thighs. Then dropping your back into the floor, press the legs as straight as you can toward the ceiling in a wide straddle, shoulders back and down to start the stretch in the back of the hamstrings and gluteals. Now straightening the legs all the way isn't important, just trying to press them into straighter is what we are after in quest of the stretch.

Now take hold of the strap, with your right foot on the floor and the knee bent, loop the belt on the arch of the left foot. Nudge your right foot a little further away from the body and press that left leg as straight as you can while you pull it in gently toward the chest. Keep the palms of the hands facing each other and let the arms open at the side to invite the leg in so that your shoulders don't tighten up.

Now only bring that leg in as far as you can with a straight leg. If it is bent you need to back up and re-approach the stretch again. Take a nice deep breath, maybe bend that knee just a little bit, and then press into the heel again with the flexed foot, and then slowly release. Let's unloop the belt and let's change sides. Now put the belt at the arch of the right foot. Let your left foot sneak out a little further away from the body and press the right leg to as straight as you can while you pull that leg gently toward the chest. Again, keep the palms of the hands facing each other and let the arms open wide to the side to invite the leg in so that your shoulders don't tighten, and at that knees bent you need to back up a little bit and re-approach the stretch. Take a nice deep breath, press a little bit more, push right to the edge of that stretch, then slowly let it go.

And finally, the finishing hip and back stretch that you are going to love. Cross the left leg over the right so that the thighs are close together and the knees are stacked on top of each other. Reach down and pull both knees directly in toward the center of the chest, keeping the back down and feeling that stretch deep into the hip and the low back. Breathe deeply and enjoy that release. If you need to, you can use a belt around the knees to pull the knees in toward the body. Pull in a little bit more and slowly release. Across the legs and then re-cross, this time with the right leg on top. Reach to the knees and gently pull them in towards the chest. Remember you can use that belt if you need to get the knees even closer.

Feel the upper body drop, feel the tail drop, and as you pull those knees in, feel that stretch deepen through the hip and the back. Gently pull in a little bit more taking a nice deep breath and then slowly let go of the stretch. Uncross the legs and both feet flat on the floor.

Isn't Hot Seat great? Don't you feel reenergized and zippy? Keep this simple series in your rotation several times a week and in a very short time, you will feel and see the difference.