



Fit Quickie #8: "Hot Seat" Tutorial Transcript

Hi, it's Lani Muelrath and this is the tutorial track for Fit Quickie #8 – Hot Seat.

You've heard me talk about them before a lot, the gluteals, and how important it

is to target and train them for fantastic energy and body shaping, and how you can really burn a boat load of calories by exercising that. Strong gluteals also help to reverse belly pooch and back pain. This is because surprisingly the glutes are under developed in most women due to all of our sitting and lack of deep challenge to these big muscles. This is an easy fix. Just work those glutes along with Fit Quickie #6 – gorgeous glutes and hamstrings, hot seat – Fit Quickie #8 is a sure fire winner for what I call 'the backyard'. I like to use hot seat in 3 effective ways.

First, to finish a workout. This move is actually one of the most fun in all of the exercise kingdom and I always look forward to it arriving after the rest of my hard work. This is great motivation and incentive. It also relieves tension in the low back when done correctly, so though providing a workload, it also has a very relaxing effect. Another way is to punctuate your workout with an upblast earlier on. This can be a great way to pre-exhaust the gluteals so that any other seat work you do gets deeper into the muscle earlier. For example, completing hot seat before Fit Quickies #6 – gorgeous glutes and hamstrings will make you very aware from the first downbeat of Fit Quickie #6 as to what muscles are targeting. And third, I like to use hot seat as an instant invigorator. Just try this: next time you are feeling sluggish, invigorated, or filled with either physical or mental inertia, and need a boost, pop in hot seat, and invest 5 minutes doing these intense muscular contractions. Not only will you burn some extra calories, you'll feel charged up and energized to tackle your projects and you'll feel an instant spring in your step. It works every time. Let's set hot seat up, shall we?

You're going to need your playground ball and a belt or strap for stretch, that's it. We're going to use 2 positions with 6 sequences in each position. For the first position, you are going to be on your back on the floor, bent knees, and your feet placed flat on the floor in a comfortable distance from your seat. Your feet should be about hip width apart for this first sequence. Place the playground ball between your knees and grasp it firmly. Lengthen your spine and relax your back on the floor, your arms by your sides. Your upper body stays relaxed while you focus the workload through the seat. Please note that you will keep the ribcage on the floor during gluteal

contractions. This is to keep the back out of the work and put it all just where we want it, in the thighs and hips, particular the gluts and hamstrings. This means your seat will only come a couple of inches off the floor. The bottom ribs should stay dropped into the surface beneath you, okay?

Anchor – here are the anchor points: your feet on the floor, the playground ball gripped between your knees, and the back all the way to the bottom of the ribcage and up through the top of your head on the floor.

Isolate – to isolate the glutials, simply squeeze your gluts to raise the seat off the floor just a couple of inches, keeping the ribcage down. The grip in the seat is your isolation.

Now for the repetitions – we'll start with small squeezes with the tiny range of motion. In this sequence, the hips are barely moving while you stay close the top of the hip raise position. Squeeze, squeeze, squeeze, squeeze. Next, we'll utilize a bigger range of motion allowing the hips to drop to the floor between squeezes. Careful however to keep the ribcage down. The hips are not coming up any higher than before but they are dropping lower during each repetition. This will feel really good to the back and since it's following the tiny initial squeezes, you will feel this moving more deeply into the muscles. #3 – now for one of my favorites, squeeze and tease. Tiny range of motion, the pattern in squeeze, squeeze, squeeze and hold, squeeze, squeeze, squeeze and hold. Notice with this move you actually have a lot more time in the squeeze then the release and that's how it should be. #4 – next is rapid isometric squeezes at the top of the move, squeeze, squeeze, squeeze. Next, we're almost there, we got 2 more moves here, a tight squeeze without any release for several counts, and then finally part 6 – you will go back to that larger range of motion seat lifts as we did right after the opening move. Now that was 6 sequences in position 1. You'll let your seat drop to the floor while you reposition your feet for position 2. Your feet and going to move wide and this will place the workload more to the outside of the seat. You'll still be targeting the gluteus maximus, yet also be moving more into gluteus medius along with continued workload for those beautiful hamstrings.

For position 2 – you'll released the playground ball of course and move your feet side apart from each other still a distance away from your hips.

Reconnect with your upper body anchors and now flexing the feet, drive the heels in the floor so that your seat is again an inch or two off the floor, your ribcage down, your arms relaxed. Now it's time to go through the entire sequence of 6 moves in this new position. And by the time you are done with these sequences in both positions, you will know exactly where your glutials are. From there, we'll move into the well deserved stretch.

For the stretch sequence, we will start by folding the knees into the chest and just giving them a hug to stretch the lower back and hips. Then, we'll move into happy baby pose. For the happy baby pose, you simply reach to

the inside arches of your feet and if you can't connect there, you can take hold of the insides of your calves or your thighs. Then dropping your back onto the floor deeper, press the legs just as straight as you can in the direction of the ceiling, shoulders back and down, legs apart to start the stretch in the backs of the hamstrings and glutes. Now straightening the legs isn't important; you're trying to press into straighter, and that is what we are after in the quest of the stretch. Next we'll use the belt or strap to deepen the hamstrings and glute stretch. With your right foot on the floor, the knee bent, loop the belt around the arch of the left foot. Nudge your right foot a little further away from the body and then press that left leg as straight as you can while pulling it in gently toward your chest. Keep the palms facing other and let the arms open to the side to invite the legs in so that your shoulders don't tighten. Repeat that on the other side. And finally the hip and back stretch that you are going to love. Cross the left leg over the right so that the thighs are touching and the knees are stacked on top of one another. Reach down and pull both knees directly in toward the center of your chest. Keeping the back down and feel that stretch deep into the hip and the low back. Breathe deeply and enjoy the release. Then you'll repeat with the right leg on top. If it's difficult to reach the knees, you can loop the belt around the knees to gently pull them in toward the chest. There you have it. Ready for hot seat practice track? Let's go.