



Fit Quickie #9 'Stand-up Seat' Practice Transcript

Fit Quickie #9 - Stand up Seat.

Facing your support, light touch on the bar, feet in parallel, bend the knees, tuck the seat under, rib cage up, shoulders back, pick up that right foot and put it

slightly behind you, knee right under the hip.

Tuck the seat again, abs are in, now lift that right heel up until you feel the hamstrings catch, right about there for me. Reconnect with your tuck, flex the foot, open through the hip, we're going to start with eight heel presses in towards the seat.

Ready? Here we go. Squeeze and hold, 1, squeeze and hold, 2, it's barely moving, just tiny rebound on it, 4, reconnect the top, 5, now your standing leg is gripping the seat also, 7, and 8, now press the heel to the back, press and hold, press and hold. I'm pulling from here, notice I'm barely moving, I'm staying in the muscle the whole time, and 7, now combination, squeeze and press, squeeze, squeeze, hold with the seat, squeeze, squeeze, pull from here, we're going for 8, I know. Squeeze, squeeze, squeeze and hold, everything is fired up, squeeze, squeeze and hold, keep the upper body strong, squeeze, squeeze, press and hold, squeeze, squeeze, press and hold, let's give it 2 more times. Squeeze, press and hold, 1 to go, squeeze, squeeze, press and hold..

Now coming up next hang on, take a deep breath, 3 sets of 8 presses to the back, and press, 2, 3, 4, 5, 6, 7, 8, and again, pull, 2, 3, 4, abs in, stay strong, light touch on your support, grip the standing seat again, last 8, you're almost there, 3, 4, 5, keep that heel up, 7, and 8.

Time to switch sides. The same thing. Toes straight ahead, drift on down, tuck the seat under, this time your left foot at the back, re tuck the seat, connect with the standing leg, chest open, let that heel drift up until you feel it catch. Grip the standing seat as well, flex that foot, now drawing that heel in toward the seat.

Ready, here we go, for 8, pull and hold, pull and hold, pull and hold, pull and hold, 4 again, and up, 6, 7, now pulling the heel to the back from the glutes, pull and hold, and 2, we're going for 8, and 3, make every repetition count, keep that knee right below the hip. It's going to want to sneak forward, keep it back there, 7, here we go for combination, ready? Squeeze, squeeze and pull, regrip, squeeze, squeeze and pull, keep connected with your tuck, squeeze, squeeze and pull, squeeze, squeeze, standing leg stays bent, we've got 4 more, just like this, squeeze, squeeze, squeeze and pull, come on you're in It now, squeeze, squeeze and pull, 2 more times, abs are in, squeeze, squeeze and pull, 1 to go, squeeze, squeeze and pull, ready, here we go, those 3 sets of 8 I'm just holding here, pull it to the back and pull, 2,3,4, 5, standing leg bent, 7, get your chest open, 1, 2, 3, come on get that heel up, keep that knee down, 5, 6, regrip right here, last 8, 1, 2, 3, home stretch, 5, 6, 7, and 8, and very gracefully let that foot down.

Time for the stretch.

Let's stretch the right leg first. Square over the right foot in front of you and press the chest forward, lifting the tail out and back so you open up right through the hamstrings and the gluteals behind you. Stay strong and lifted with your energy out the top of your head. Another breath, inhale, exhale, and then bend that standing leg. Come up to standing, let's shift to the other side, left foot forward, flex the foot, chest is lifted, and let the chest gently press forward, shoulders back and anchored on your rib cage.

As the muscle releases it will allow you to press in a little bit more, keep breathing, we're almost there. Beautiful body shaper. Stand up that seat, you're done!