



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

Hi, it's Lani and I'm here with a few quick tips and pointers for Fit Quickie #9 which is Stand-up Seat.

Here's how Stand-up Seat got its name. It makes your seat 'stand up' and this is

because of the way you position your body and the way you isolate, target, and overload those muscles through the back of the body that really give that seat a push.

Specifically like this: you're going to be working the hamstrings in position, contracted, and the glutes. Whenever you work those in concert together, it gives a whole lift to that whole area that is a tie in between the hamstrings and glutes. So let me show you form and alignment and what the repetitions are going to look like.

First you have your stabilizing area. It could be a chair, it could be a bar, it could be a countertop, anything that allows you to really isolate and overload. Facing that or side to it, what I'm going to ask you to do is have your feet in parallel, soften your knees but just a little bit. It's not a deep knee bend. Then you're going to tuck the pelvis under, meaning turning the top of the pelvis to the back and tighten the abdominal wall. Hands are right here on your stabilizing surface, get the shoulders back, and in position so that your shoulders are right over your hips. Be sure you're not leaning back; you may even feel like you're folding forward a little bit at the waist. Top of the head to the ceiling, right now, everything's going to be pretty activated, alright? Let's move into the position.

I'm going to start by working the muscles on the right leg. I'm going to pick up my right foot, put my toe on the floor behind me, bending again, reconnect with that tuck and I'm going to grip the seat on both sides. Now my knees are straight to the floor underneath my hips. I'm going to pick up this foot, this is my right leg, and I'm going to bring it up as high as I can without letting this knee come forward of the other, so that I'm going to feel, right now I feel my hamstring catches right here, it's up as high as it can get.

I'm going to reconnect with my tuck of my pelvis, top of the pelvis tilted back. This you want to feel stretch open and it's this fight that really engages this area, the constant tilt in and constant lift up. Alright we're almost ready to start moving.

Now I'm going to ask you to flex this foot, the foot that is up. This is because flexing it engages those hamstrings even more. Bending it, tucking in, flexing, now grip the seat on both sides. That I want you to keep throughout, from here, we're going to raise that heel up and hold, lift and hold, shoulders back, lift and hold, belly's in, lift and hold, keep that hip open, lift and hold, keep that knee straight down, lift and hold, you're going to feel it all the way up through here, lift and hold, grip the seat on both sides, lift and hold.

Now from here, keep that heel lifted and push to the back 8 counts. Press and hold, keep it high, press and hold, grip the seat, press and hold, shoulders back, keep that posture lifted and 6, keep breathing, 7, now ready a combination, you're going to do lift, lift, press and hold, and lift, lift, press and hold. Still I'm gripped in both sides in the seat. This is very challenging, the hamstring and the glute, you can really feel on the side about maxed, that's what you want within 90 seconds, a max out.

Once again and to finish, 8 more presses back, 2, 3, get that heel up a little bit high if you can, 5, 6, 7, and 8, and then slowly down. And of course then you will repeat on the other side. If you find that getting all the way through all those repetitions is just too much when you get started, stop and rest, reconnect with your form, meaning get that seat under, get the seat gripped, shoulders are back, abdominals in, and the knee down. It's going to want to sneak forward. Repeat on the other side, then you're going to need to stretch.

To stretch the hamstrings and glutes, simple, you can do it standing. Whichever leg you're stretching, you place your foot on the floor right in front of you, bend into the standing leg, and I'm going to keep my upper body lifted and I'm just going to fold forward from the hips. I'm going to let my seat come out and back. I'm not rounding over, I'm keeping that lower back, the lumbar region, extended, press straight forward, and this leg extended straight because that will put the stretch exactly where I want it. Then we'll switch that to the other side.

So there you have it, Stand-up Seat; makes your seat stand up. An excellent Fit Quickie for targeted body shaping anytime during the day to sneak in and there you have it. I'll see you next time. This is Lani.

