

# Stewart's Caring Place Gentle Strength Bodywork Video

## Final Script

*Jacqui Sukie hosts an instructional workout video*

**Narrator: Jacqui Sukie**

All right and hello everybody I wish you were here with me today and I hope you're staying well and you've got everything you need but I know one thing you need and that's your gentle strength class so let's get started with a warm-up just the same way we always do we're gonna do our easy welcome to my home so extend those arms bring one foot back bring the other hand man turn your head just look at the fingers and step it back now remember balance is an issue for you you can always keep the foot out a little wider if it's a good balance day then keep it right in line pull that navel in keep your shoulders square let's call this eight and nine and ten step it up now to the other side stretch back and two and really reach reach reach because remember we're getting the body all limber getting it ready for what comes next and six seven eight nine and ten and from here reach big through the fingertips again and squat back touch the floor and two and three oh come on I know you like this one and four and five keep the knees behind the toes six draw the shoulder blades down and eight and nine and ten alright from here we're gonna work with very limited things because I'm not sure what I'll be have at home those as far as weights go you can always grab like a bottle of water or some canned goods but take one of those or even for this one since it's just one if you've got a jug of say laundry detergent with a handle on it go ahead and grab it we are going to flashlight as you know the further away from the body the more difficult it is and twist one minute a flashlight extended all the way around shoulders square you've got your navel pulled in and if this gets to be too much for you with that full jug whatever your laundry detergent is or milk or water go ahead and pull it in closer to the body but you're still twisting from the waist your knees are soft and keep twisting we are almost there 30 seconds and twist and twist and twist keep going so close and 15 more seconds

knees are soft twist at the waist and the last five three two and one and put that down time in a big breath inhale up fill your lungs with air exhale down big big big breath heart rate was up now we have to lower it down guys you know we can't keep that heart rate going at the redzone the whole time you've got to bring it down to bring it back up all right little march in place we're sliding out of the warm-up and going into a more active warm-up so it's March we're gonna March and then new peek-a-boos so your hands are in front

and open and open and open and open and open and open slower the march but you've got the arms go and keep the elbows square square palms are in squared shoulders down and then from here we're going to those glute kicks so arms are crossing in front heels to your glutes heels to your glutes and we're doing this one for 30 seconds keep the arms going strong arms strong arms you know guys I must really like you because I'm going out of my comfort zone to do this for it and I really wish you were here and go and go heel to glutes heel to glutes heel to glutes and now from here and four three two we're gonna do punch across so strong arms twist of the waist as you extend that fist come up on to your toes turn in the heel up singles for now punch punch punch punch keep it going and now I switch it to doubles punch punch punch punch punch punch punch and back to singles and then in about five seconds or so we're gonna take it to that wide stance and do push pulls right here toes turned out knees stay behind the toes and it's push pull push pull keep the knees back you're pushing that wall away and you're pushing and pulling push pull push pull go go go push pull push pull push pull and then while holding this pose punch

punch through turning from your waist punch punch punch strong guys remember you're punching like someone just stole your purse you followed them into an alley and you want the purse back so you punch and you punch and you punch and you punch let's go a little stronger they stole your dog punch punch punch punch punch push and pull push and pull push and pull and then come on up from here we're

just gonna finish up one last warm-up with a balance so your heart rates up gonna take a couple of breaths exhale down because before we start balance you want to make sure that that's our focus and as you know every day balance is a little bit different each side's a little bit different it depends on how much you slept what you're thinking about hydration all those things factor in so if today is a bad balance day or a rough balance day go ahead and hold on to a chair or the wall so bring a knee up shoulders are back and circle and three four five six seven eight nine ten stop right here let's go the other direction remember it's as if you have a paintbrush on the end of your knee and you are drawing circles on the wall in front of you and

seven eight nine ten and stop and straighten press through the heel and then bend and circle and circle the

other way and one more time straighten up foot and bring it down so to the other side each side is different

on its ease of balancing so it's one two three four five six seven eight nine ten and then go the other way that was a good example I'll find a spot focus on a spot that doesn't move and it helps you balance and stop and straighten and bend again and circle and circle either way and straight and bring it down all right everyone ready for arms so I'll give you an opportunity to go grab a couple of cans or grab some water bottles and we'll get started on our arms okay very light weights for this one we've done it before and hopefully you'll remember it so it's scrunch up and down for two three four five six seven eight and then it's one two three four five six seven eight and one two three four five six seven eight next set one two three four five six seven eight one two three four five six seven eight last time one two three four five six seven eight and one two three four five six and seven eight last one make the circles a little bigger three four five six seven eight now on to the next set and if even your water bottles are the weights you have at home are feeling heavy it is alright to do this one without weights because they will get heavy as the sets go on the next set with palms down slowly one two three four five six seven eight now hit it one two three four five six seven eight one two three four five six seven eight last time slowly two three four five six seven eight one two three four five six seven eight the next set palms are facing each other one two three four five six seven eight final set one two three four five six seven eight one two three four five six seven eight one go a little higher this time two three four five six seven eight one two three four five six seven eight last time reach them up two three four five six seven eight one two three four five six seven eight

woo put those down bring an arm across hug it in the nearer to the wrist the deeper the stretch make sure your palm is up and now the other side again hugging that arm in you've got one wrist against the other wrist palms up and then bring it down and roll roll roll the shoulders back and we roll the shoulders forward and then from here we're going to interlace the fingers squeezing your shoulder blades together press palms together lift your chin lift your chest and then bring them down and one more roll roll roll and roll forward so let's go on to triceps if you want to grab that jug of detergent or your jug of water or milk as long as it has a handle bring your elbows to the ceiling and you're holding on to the one weight no weight or something heavy and it's one two three reach your hands and the elbows and six seven eight nine ten we're going to take this one to fifteen five four three two and one bring it down again roll roll roll breathe breathe breathe we roll forward and if you want to go grab that glass of water you can always do that during this another deep breath and once again with the one heavy weight come into the chair pose you've got the weight in your hand and bring it through keeping low keeping knees behind the toes

keeping your back as upright as you can and all right now I'll start counting one and two and three and four five six seven and eight all right roll the shoulders back again taking deep breaths the whole time

we're going to go on to some basics this one

can be done as a balance or if you don't have balance keep both feet on the ground but one foot can come up and lock one of the arms into your side with it squared up with your elbows square and we're gonna go from bottom to middle for one two three three nice and slow squeeze that bicep when it comes to the middle just

like you're holding a serving tray six and seven now from here still with your serving tray arm it's one squeeze the bicep two three four five six seven now all the way down all the way up back curl and squeeze and two three four five six and seven and bring it down now we're going on to the other side so the other foot is up again one side may be easier to balance on than the other and lock that elbow in keep the palm up bottom to middle one two but balancing on one leg you're also working your core your body is fighting to stay upright five six seven stop here squeeze the bicep at the top and two three four five six seven all the way down shoulders squared all the way back up for one two three four five six and seven bring it down and roll back and from here just a little arm raises so plant your feet shoulder distance apart and come up keep the palms out don't come up above your shoulders though just slightly below and down two three four five six seven let's take this one to twelve eight nine ten eleven and twelve bring it down roll roll roll the shoulders back and to complete our arms series we're not going to do the full four minutes of our new four-minute arm workout but we're gonna do a truncated version of it doing the moves that we've been doing for the last few weeks so let's start out with just pulses for one two three four five six seven eight nine ten now it's those hammer curls for one two three four remember your arms don't come down at any time they stay upright and I also remember what she told us we got to do this and nine and ten and now it's criss cross one two three four five six seven eight nine ten back to pulses one two three four five six seven eight nine ten back to curls one two three four five six seven eight nine ten and now it's tap and down tap and down and three four five six seven eight nine ten now I'm putting mine down to continue the rest and it's hold your hands out and open and close pitter patter here with your lightweight or not and then back to pull back and out pull back and out and three four five six seven eight nine and ten and tap and down and tap and down and three and down and four and down and five and down and six down seven squeeze eight down nine down ten down and then if you're still holding on to those weights circle two three four five six seven eight nine ten other way one two - we're almost there five six seven eight nine ten and now more the pitter-pat one two three four five six seven eight nine ten all right roll roll roll and bring the arm across

hug it in one more time now the other way remember keep those weights light for that we're very light for that one because they get very very heavy very very fast and again with the interlace your fingers pull the hands down and release and inhale and reach it up and then come down with the arms big breath hair again and bring it down and now give you time to come to the floor if you have a mat or blanket or something that you can lie on we will do some legs and some core together all right we are going to do two rounds of this and I've got my notecards everybody so I know I won't forget any of these

**20:50**

this is the one that has modifications with it so we're gonna start out with 20 jumping jacks with weights now remember the modifications if you don't want to jump up you can simply step out and push them up you don't even have to lift them up if that's more than what your shoulders will want you to do you can hold them steady and just tap out so two rounds here we go and one two three four five six seven eight nine ten ten nine eight seven six five four three two one woohoo and now moving right along with these two rounds 10 each side oh gosh the tea cups with a weight in one hand so you're holding your weight in front and you're coming back and then bringing it up you can touch down if you want to try not to and

that's two shoulders are square that's three and back for four come down just so you feel that stretch behind your leg and seven and eight and nine and ten and then switch it to the other side same thing and bring one leg back and over we'll let the weight come down remember try not to rely on momentum try to go nice and slow and smooth that makes your muscles work even harder because you're balancing and so your core gets involved and six and right now I have no idea what number on so we'll just call this eight and nine and ten okay moving right along we are going to do the high pulls and straight to the floor so here we go for ten it's up then reach down up let it come down up reach down four five six seven eight nine and ten okay you know how I hate it when I can't read my own writing let's see it looks like ten oh yeah okay ten leg loops each side so we're gonna start with whatever side you want just as long as the next time you do the other leg we only have two we can't mess this up so it's one two three try to keep your body upright five six seven eight nine ten so we did that side let's go on to the other one two three four five six shoulders stay down and eight nine ten okay this is getting right through these so now it's oh I know this one gets a little confusing so come into chair hold the weight out we're going to tap forward side and back and then bring it back to the front right leg first forward side back stay down in the chair so that's two and three knees stay behind the toes four and five and six seven eight nine and this was ten on to the other side again knees behind your toes feet are about hip distance apart you're holding that weight in front of you extend the foot for one two three and stay low and five and six and seven and eight and nine and finally that was ten all right come back up okay now we're gonna do just regular old bicep curls just one two don't forget that squeeze at the top four five six seven eight nine ten from here we're going to do squat so you can either put the weights to your shoulders or hold them under your chin but it's one two three four five six seven eight nine and ten okay you get a break because I'm tying my shoelace while I'm reading the next one shoulder press with palms facing each other it's our regular pulses so for ten one small move try to keep those arms parallel five six lift eight nine ten we have ten more ten nine eight the audience goes wild seven six five four three two one okay now we're back to the ballet squat so your feet are out either hold your weights to shoulders or under your chin and we're back and up and back and up press through your toes when you come up and down for four and five knees are behind hose toes and seven eight nine and ten so after the ballet squat now we have arm raises once again palms are out up and down don't take them above the shoulder line and three and four five six seven eight nine ten and back to regular old squats one two three four five six seven eight nine ten okay I think we have one more before we start this all over again well since that's with the band we will just go straight to the mat and with your wet weight in hand come into table so your knees are right below your hips your hands are below your shoulder and extend the left leg you want to bring the hand with the weight in it up to your side and back two three four five six strong arms keep that leg up to nine and ten bring it down to the other side extend the right leg remember the leg is strong is if you're ringing a doorbell with your toe bring the arm up and it's back for two three four five six pull the navel in eight nine ten right down me up one more set of these leg is out arm is up and back two three four five six seven eight nine ten bring it down back to the other leg up arm bent close to the side one two three four five six seven eight nine ten all right so we're back for the second round of what we just did so we started out with those jumping jacks 20 of those jumping jacks remember the modifications you don't have to push up you don't have to jump you can simply tap your foot out and that works too or push them up and tap

### **Fade to Stewart's Caring Place logo**

*Rewind to 20:50 and do the series of exercises a second time before continuing*

okay yeah see I'm feel like I'm with my group right now this is how we all kind of talk so yeah all right we've got that done now it's time for core so hopefully you still have that mat or something you can lie down on because we're gonna hit the floor thanks okay we're gonna start out easy with the feet together and your butterfly legs you've got your hands supporting your head remember your elbows are wide and keep that fist distance between your chin and your chest or think of an orange but you don't want to

compress you don't want to be pulling on your neck you want to be looking up and here we go this is gonna be a very short small move so it's up for two inches and back just for one so up and back up and back you should feel this in your upper abs you should feel them contract it's quick but it's very powerful so seven eight nine keep the elbows out and twelve thirteen fourteen fifteen feel those contractions 18 19 20 21 22 23 24 25 25 24 23 22 21 20 19 18 chin still has a distance there 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1 now from here you're gonna hover your legs hover your arms and the opposite foot and the opposite arm kind of meet each other go in that general direction so here's one two keep your shoulder blades grazing three four five six seven eight nine ten five more four three two and one and as always take a moment to relax we bring your knees in rock side to side rock forward and back kind of give a little massage there into those internal organs when you're massaging your back like this and they come to sitting from here with or without your weight we're going to go into twist 30 taps you can even keep your heels down or you can bring them up make sure you're raising the weight high of your head here we go one two alright lost count already we'll call this five and six seven eight nine 10 11 12 13 14 15 16 17 18 19 20 21 22 3 24 25 26 27 28 29 and 30 okay so

you're sitting down you've got your hands behind you for support we're gonna go for a little bicycle ride just like you're riding a bike you didn't know we were going to Cleveland oh look that's what it's gonna feel like so keep riding riding and riding if this is too easy for you have your weight in your mind you can always hold it out and now backwards I got to get home some way couple more of these about ten nine eight seven six five four three two and one woohoo alrighty from here let's go back with the feet on the mat your knees are

bent shoulder blades are grazing as you know your core muscles are not just the front of your abs but they're that whole girdle of muscles all the way around so to work our core or obliques I'm gonna extend your arms and tap tap your ankle three four five six seven eight nine ten ten nine eight seven six five four three two one and again take a moment bring the knees in to stretch we rock side to side and then slip your palms under your hips now remember this one you do not want your low back to come off the mat so your personal range of motion is that moment when you start to feel your back lift that's where you stop so rest your head bring your feet to the ceiling then drop them down slowly till you feel that point when you get there stop and we're gonna do criss crosses for one two three four five six seven eight nine and ten now sweep the feet back to the ceiling rest your head inhale exhale drop them down and butterfly one two three four five six seven eight nine ten feet together to the ceiling rest your head inhale exhale drop them down and now it's knees to chest for one extend the legs two three four five six seven eight nine ten rest your heads sweep the feet to the ceiling move lower them down and now the criss-cross ladder one two three cross those legs up cross them back down four toes are pointed legs are strong five six seven eight almost there nine and ten up and ten down and sweep to the ceiling lower your head and bring your knees in rock side to side and since we're down here we're gonna do one more arm exercise you're on your side the arm

that's on the floor goes around your waist the other arm is by your shoulder make sure the bottom half of your body is nice and relaxed then we press up and if you want to touch down you can if not maintain that pressure that tension as you stop halfway sort of so you're kind of hovering so it's three and four press with the arm five six seven eight nine and ten and flip to the other side again arm that's on the floor wraps around your waist other one up by your shoulder legs are relaxed and press two three four five six seven eight nine and ten and from here I want to bend the right leg bring it to the outside of the left knee gives you a little twist starting to take things down a bit we worked it all we got the heart rates up we got it back down so now we're kind of easing into our cooldown so with that knee bent take the left arm hug the knee right arm comes behind you shoulders are very square and turn your chin all the way around with every inhale imagine that someone is pulling through the top of your head with a cord and stacking each one of your vertebra one on top of the other and then with every exhale just relax and turn around a little deeper inhale gets you taller exhale get you twisted more one more big inhale one more exhale and then come to the front

straighten that right leg now it's the left one bent to the outside of the knee right arm hugs left arm is behind you pressing into the floor and sit up tall inhale exhale turn inhale you're sitting up just a bit more and when you exhale you're turning just a bit more and inhale and exhale one more big big big big big  
inhale and

one more exhale and then twist back to the center with both feet on the floor come forward roll up with your head down chin coming up last inhale up exhale down hands are gonna go right above the knees press into them you're pressing pressing pressing your back is flat and straight again like someone is pulling you and then exhale down inhale roll all the way up roll the shoulders back back back and then from here into the balance the kite so you're gonna sweep across pointing the toe reach out the arms round the shoulders back back back back back and come across the other way try squeezing the shoulder blades together reaching the arms out let's go again in the other direction push that foot just a little more and then over this side and then bring it down roll back with a big exaggerated roll and interlace fingers we are coming to the end here soon lifting the hands to the ceiling then dropping them just below your shoulder pressing and rounding feel your spine expand take them back up drop your shoulders  
down and then drop below again

and press and then release and to the small of your back with your interlace fingers and lift your head and chest release flatten your palm and pressing hard then with the other ear let that shoulder drop press  
hard

just let the arm dangle feel all those knots in your neck release press yourself back to the top other side press down hard drop the ear and back to the top and then hug a knee in and release hug the other one in and release and that big final fill your lungs all the way down with air exhale down and thank you all for watching and I hope I get to see you very very soon from all that I am to all that you are namaste.