

STEWART'S CARING PLACE WORKOUT WITH JACQUI

Jacqui hosts instructional workout video

Narrator: (Jacqui)

Hi everybody and welcome to the second of the Stewart's Caring Place Gentle Strength workouts. I'm hoping this is a second in a very short list of workouts until I can see you all again. So before we get started make sure that you have water nearby and maybe even if you don't have weights there at home, you'll need a set of light weight. So you can use water bottles or even canned goods or if you don't have either just you know put some power in those lifts. Now for the heavy weight a laundry detergent or jug of milk, jug of water, anything with a handle on it that could be used as your heavy weight. So we just want to keep those handles. So we're gonna get started and we're gonna start out you know like we always do for those of you who've been with me for a long time. First of all I want to promise you a lot of fun today. For those of you who are just jumping into this, it's, it's gonna be a bumpy night So you're ready for some fun? Let's get going. We're gonna start with just that twist. Bring the hand to your chest, the other hand goes behind you with the fingers long sweeping across. It's dance-like almost. You bring your hands across alternating them behind you, feeling your hips open up, nice gentle gentle twist sweep it across look behind you and then start slowing it down. Bring the hands down and now we're gonna hula hoop. So you're pulling your navel in and you're circling one way your imaginary hula hoop's not gonna fall down so just pull the navel in tightly so it's by your spine and then switch, go the other way keep it going. And then this is the first we're gonna use the lightweights go ahead and grab those and this one can be done without weights. There bring our arms up forearm circles do not bring them over the shoulder you want to keep them slightly lower circle front and as you do you're still pulling your navel in. You can either you can even squeeze the inner thigh in, feet are out and keeping the arms down below the shoulders Circle Circle Circle and then reverse it. Squeeze the shoulder blades together and back you want strong arms strong body just nice and light and then put the heavy weights down you've got that or put the light weights down if you have your heavy weight handy we're going to do our figure eight. So this is going to get your heart rate up for the first time today. You want your feet about hip distance apart, your knees are soft, they have a little bend to them and for the beginning you're just gonna hold your weight up and slowly trace a figure eight. Doesn't matter what direction you're starting your eight in because we're gonna go the other way next but just nice and slowly. What we're doing here is creating that muscle memory you've got your shoulders down from your ears, pulling the navel in tightly, bring it up to your forehead all the way down to the top of your legs nice figure eight and now we pick it up a little bit. So

now we're back to pulses one two three four five six seven eight nine ten eleven twelve thirteen fourteen fifteen and then it's back up and over bring it down and two three remember keep this almost like a V four five and six Oh yeah we're getting there we're getting there so now it is when they're out little circles whoo-hoo five six seven eight repeat the other way two three four five six seven eight and then hold them and breathe and breathe and breathe six five four three two one pitter-pat two three four five six seven eight whoo-hoo. Put those weights down bring the arms across turn your palm up hug it in the closer to the wrists the deeper the stretch. Now the other way, boy this is easier when we're all here together talking through it and now the other way and again the other way and roll roll roll. Okay take your one big heavy weight or anything that's easy to grab. We're gonna do "pick up the suitcase put it on the shelf" so I've got it next to my right foot squat put it on the shelf and two three four, come on we got this, five navels into the spine six seven eight nine ten now it's on the other side and ready to pick up the suitcase put it on the shelf that was one two three four five six knees stay behind the toes eight nine and ten and bring it down and if you need to get water it's another good time because we're going to the mat. Big deep breath exhale down. Now if you want to come down to the mat obviously any way you want or you can do it genie style, hands are crossed, ankles are crossed push the tush back back back back back back and come down. From here we're gonna go into table so your hands are right below your shoulders and your knees are right below your hips. We're into a little cat-cow to bring the breath down inhale round your spine exhale lift your head lift your tailbone round and up stretch that spine long and three four five six. Now since you're doing this at home you can go as quickly or as slowly as you need to stretch and from here we're going to come back to neutral, extend your right arm and your left leg. Your left leg is so strong it could use your toe to ring somebody's doorbell. Just imagine you're being pooled but your shoulder stays back your core stays tight and you're looking down at the mat we're going to tap down for ten so it's one two three four shoulders stay square five six seven eight nine and ten Slide that hand back, slide the knee back and we're going to extend the left arm right leg. Reach it out so if someone were looking at you from the side they would see a straight line. Your head is, your neck is long and straight, your head you're looking down and your toe is strong ready for tap down. One two three four five six seven eight nine ten Slide that in slide the knees in activate our left leg but this time we're going to go into the spider. So keeping your hips level, bring the leg out and the arm out and then back to center and down and now left arm right leg to the side and to the back and down. If you still have that lightweight handy go ahead and grab it. We're going to bring your hand to your your elbow to your knee so in and then out elbow to knee with a palm down and three four five six seven eight nine ten. Bring it down slide it over to the other side same thing but this time the weight's in the left hand and you're gonna bring that left elbow to the right knee so it's out and in for two three four five six seven eight nine and ten

and bring that down. Now we're back in table, we're going to do a little tricep work. I'm going to grab my heavyweight but anyway you want you can use or none at all. You need to bring the weight up close to your ribs still looking down at the floor keeping your front part of your body parallel to the floor and then bring it back but first extend your left leg and then bring it back and in back and in for three. Extend it all the way back six seven eight nine ten bring it down now to the other side extend that right leg lift the weight up keep it close to your ribs and extend two three four five six seven eight nine ten and bring it down now you know we usually do two to three sets of these so if that's what you want to do feel free just to hit the pause button and do two, two more if you want we are on to the twist, for the modification you can keep your feet on the ground if you want a little more just come back with a tight core shoulder to squared you've got your one big heavy weight and you're gonna tap for 30 so it's one two three four five six seven eight nine ten 11 12 13 14 15 16 17 18 19 20 21 22 big high arch 24 25 26 27 28 29 and 30 alright and moving on to putting that weight or your jug of milk whatever you're using in front of you, off your mat, you're gonna lean back and with your legs together here we go 1 2 3 4 5 6 7 8 9 10 did I say 30 of these too? well it seems like a good number 13 14 15 16 17 18 oh gosh we're almost there I hope so 21 22 23 24 25 26 27 28 29 30 you know how some things are just so good that maybe one set of them are enough, well that's one of them, okay want to come on your side on the mat you can either rest your head or rest your head in your hand. We're going to do the 7 way legs. We're going to start with bring it up and down two three four five six seven eight nine ten now stop that leg right at the hip so it's hip height and front to center for two three four keep the core tight and six seven eight nine ten. Now we're going to start at the center take it back so you're squeezing the hamstring right below the glute and back to center so it's two three leave it there heel four five six seven eight nine ten and then stack it one more time now we're gonna do the full swing so it's up for one all the way back two three when you leave at the toe up front push back with a heel five six seven eight nine and ten and stack it back up now let's see what's left are the circle so circle forward you can even point your toe here so you working your whole leg in your socket five six seven eight nine ten and let's go backwards one two three four five six seven eight nine ten squeeze the knee into the chest and out for two and three and four five six seven eight nine and ten okay to the other side and do exactly the same thing just on the other leg so again you can rest your head in your hand and we start out with the first of the seven ways by lifting and lowering keeping yourself on your side if you need the hand down for support that's okay and five six seven eight nine ten and stop it so that your hip distance apart and forward and back for two three four five six really bring it up there seven eight nine and ten and then stop it back at the center we're going back with the heel that's two three four five six seven eight nine ten ready for the big

swing to the front with the toes back with the heel here's two three four five six seven eight nine and ten forward and back and then stack it one more time point the toe circle forward two three never only the leg and the hip joints moving five six seven eight nine ten let's reverse one two three four five six seven eight nine ten and now the knee in as close as you can get it and straighten it up push through the heel and two and three and four five six seven eight nine and ten whoo and then just because it seems like plain old silliness but really does a lot for your abs we're gonna do the push aways so this is the one where we have 20 seconds we're going to try to press that right leg away rest for 10 seconds switch to 20 seconds pressing the left leg away 10 seconds off then bring both in and push them both away your goal on this one is not to let either the hands go down or the knees come close so get ready we're gonna go to it in five seconds starting with that right leg the knee is in 90 degree angle and go so you are pushing pushing right above your knee your knee is not going any closer to you your hands are pushing it away you're thinking your knee would be stronger but you are still in control you're pushing pushing pushing pushing halfway there we made it halfway keep pushing pushing pushing should feel this in your abs, should feel tension your abs four three two relax for ten seconds when we get going again in five seconds you're gonna do it with your left knee Ready Set push push push push keep pushing keep pushing keep pushing the knee wants to come in don't let the knee come in just keep pushing it away you got both your hands on that knee keep pushing keep pushing keep pushing come on come on your other foot straight out you're pushing you should feel this in your abs you really should and four three two one relax now it's both and we're gonna do that in five seconds both knees up in tabletop ready set 20 seconds of pushing and go don't let the knees move don't let the knees move don't let the knees move you're pressing against the tops of your legs right above the knees they're trying to push their way in that's where the muscle gets work that's where the muscles contract you in your abs very strong muscle keep it going keep going keep going just four seconds three two one and relax woohoo and bring the right knee in now drop it over that straight left leg extend your arms like you're the letter T turn your head to look right and then roll back on your back hug the right knee and again and switch now you're hugging in the left drop it over extend your arms again this time you're looking left and then bring it back hug in bring both knees in you can rock side to side and then just relax for a second because we're gonna do roll ups so you're gonna bring your arms up to the ceiling inhale exhale then peel each one of your vertebrae off the mat one at a time and then reach for it towards the toes inhale here then exhale then start your roll back keeping your head down toward your chest one by one by one and then arms go over head to the ceiling and then inhale exhale peel your way up stop at the top reach it out relax inhale exhale roll back chin is down vertebra hits the mat one by one by one reach inhale exhale back to the ceiling and peel one by one by one by one and reach in sit up tall inhale exhale go back. Let's do one more to the

ceiling peel each vertebra off the mat and up we go and then roll it on back bring your hands behind your head. You're just letting your head rest in your hands ready this moment both knees are in tabletop. We're gonna extend the left leg straight and then bring the elbow to the right knee and then switch you don't want to bring the knee in above your waist you want to bring your elbow to it and switch another way to get that extra little twist on your spine is to look down at the mat when you bring the elbow up so it's opposite elbow opposite knee you're trying to come up to the knee and when you bring it down look at your shoulder on the mat and then bring the knees into the chest Rock side to side rock top to bottom and come to sitting you might extend one leg, bring the other leg to the outside, hug it in and stretch keeping your shoulders square, turn your chin around and then back to the center straighten the leg, bring the other one over so you're hugging the left knee with the corner of your right elbow and keeping your shoulders square and then back to the center and then sit any way that's comfortable for you. We're gonna interlace those fingers, bring the hands to the ceiling exhale down and again hands to the ceiling then this time drop and press hands to the ceiling, drop and press sweep to the small your back, press those hands together, lift your chin, lift your chest and then drop your chin. Bring your hands in front of your knees and then slowly slowly slowly come on up reaching up overhead and back down and since you can never have too many arm exercises we're gonna do one last one and that's just a good old bicep one. Bicep and balance. So like we did we like we do a lot actually put your elbow in your side bring one foot up and then curl from bottom to center for one two three four five six seven stop right here go to the top one two three four five six seven. All the way down all the way back up one two now remember squeeze the you're making a muscle at the top and four and five and six and seven. Now to the other side. So you got blocked in and you're holding your weight like a serving tray and bottom to middle and two three four five six seven and we stop in the middle and go to the top two three four five six seven unload all the way to the bottom bring back the top two three four five six seven and bring it down. So now we're gonna do our standing stretches, reach out, let your fingertips elongate, you're pointing the toe and then bring it down to the other side and stretch and to the other side and then finally over here and now your feet turned out slightly. They're zipping up your inner thigh inhale reach reach reach exhale drop your chin squeeze and zip up the inner thigh reach exhale down and one last time one big breath and then bring it down. I'm so glad that we had this opportunity to share time with each other. I can't wait to see you all again. Please stay safe stay healthy and well it'll be soon from all that I am to all that you are

namaste