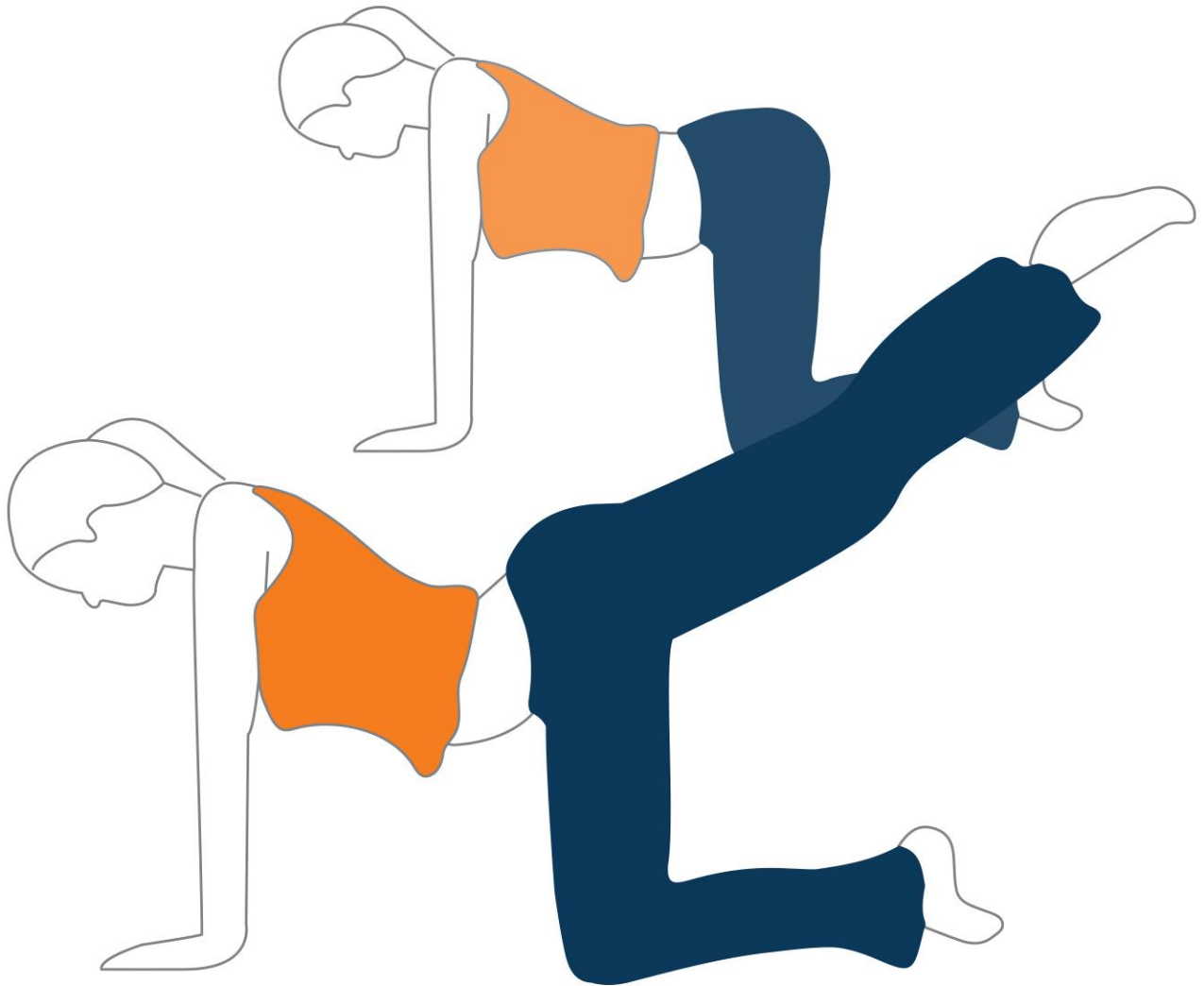




Your Slim Body

Exercises



Your Slim Body

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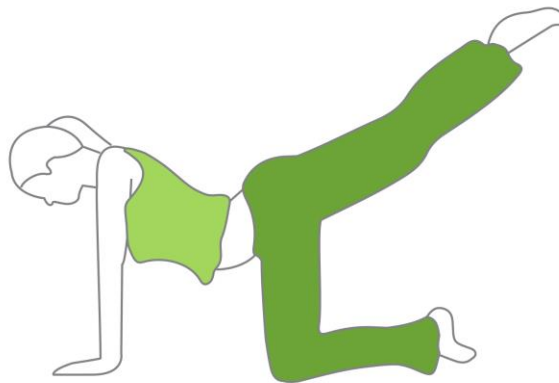
1 Important Practice Notes

1. Always remember: ***never force your body***. If you are not strong enough to complete a full range of motion, do a partial range of motion and progress gradually.
2. If you can only do one full-range-of-motion repetition, do partial-range-of-motion repetitions until you can progress to a set of 10 full-range-of-motion repetitions. Then work up to 2 or 3 sets.
3. Always keep a slow, controlled rhythm and focus on form.
4. ***Never substitute momentum for muscle***. Working your muscles will rebuild them, substantially reducing or even reversing cellulite altogether.
5. For these exercises, you will need only two pieces of equipment:
 - a. A comfortable surface. This can be a yoga or exercise matt, a thick towel or an area rug.
 - b. A step about 9 or 10 inches high or higher if you prefer. You can use a Rubbermaid step, an exercise step, a regular stair, a step ladder or even a low table. Whatever you use, it should be strong enough to support your full weight, and wide enough and deep enough to accommodate both feet.
6. Begin by kneeling on your comfortable surface, such as a matt, thick towel, or area rug. Now get on your elbows and knees, so your entire forearm is resting on the floor and supporting you.

2 Exercises

Straight Leg Lift

1. Slowly extend your right leg straight behind you.
2. Pull your toes toward you and slowly lift your heel towards the ceiling.
3. Pause slightly at the top.
4. Slowly bring your leg back down.

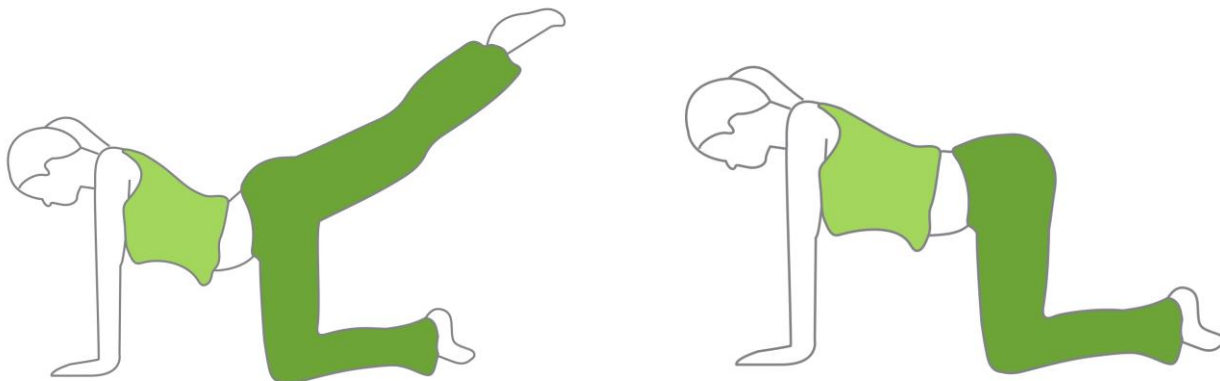


Helpful Tips

- i. Do 10 repetitions, then switch sides and do 10 more.
- ii. Focus on a slow, controlled rhythm of the movement.
- iii. Always keep your toes pointed towards you and your heel towards the ceiling.
- iv. Breathe out while raising your leg. Lift up, breathe out.
- v. Breathe in while lowering your leg.
- vi. Make your muscles do the work; do not substitute momentum for muscle. You should feel this a little.

Leg Heel Extension

1. On your knees and forearms, start with your right knee in towards your stomach.
2. Slowly extend your leg back and up.
3. Pull your toes toward you and slowly lift your heel towards the ceiling.
4. Pause slightly at the top, and then bring your leg back down.



Helpful Tips

- i. Do 10 repetitions, then switch sides and do 10 more.
- ii. Focus on a slow, controlled rhythm of the movement.
- iii. Always keep your toes pointed towards you and your heel towards the ceiling.
- iv. Breathe out while raising your leg. Lift up, breathe out.
- v. Breathe in while lowering your leg.
- vi. Make your muscles do the work; do not substitute momentum for muscle. You should feel this a little.

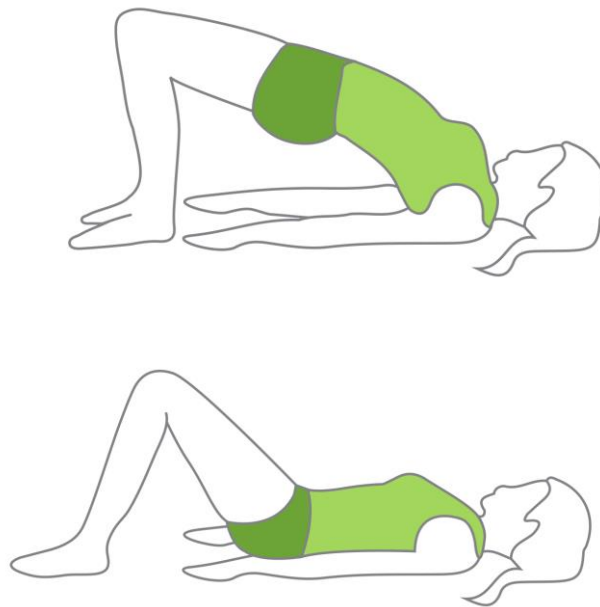
Back Stretch

1. Rest by stretching your back out gently while on your elbows and knees.
2. Do this without moving your elbows or knees by slowly moving your torso forwards and backwards as far as you can.



Basic Hip Extension

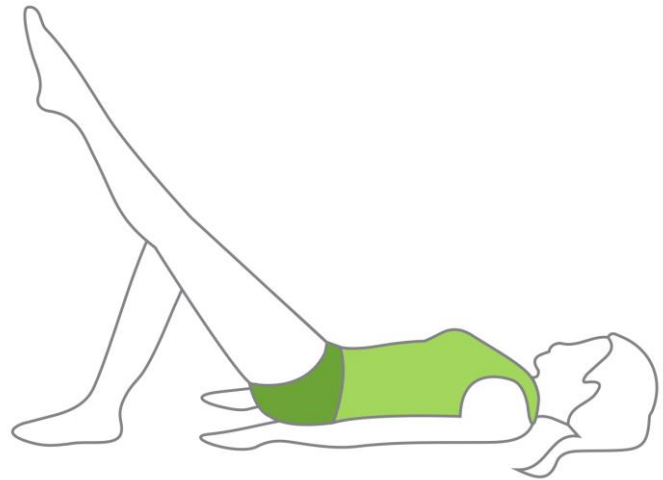
1. Spread your feet shoulder-width apart.
2. Point your toes straight towards the ceiling.
3. Keep your heels on the floor.
4. Breathing out, lift your pelvis towards the ceiling so there is a slight arch from your shoulders to knees.
5. At the top, pause slightly, squeezing the muscles in your buttocks.
6. Lower yourself while breathing in.
7. Do 10 repetitions.



While lifting your pelvis, you should feel all the muscles in your backside lifting you.

One-Leg Hip Extension

1. Still lying flat on your back, arms at your sides, palms down, legs flexed at the knees, bring your feet together so they are touching.
2. Keep your toes pointed up and your heels on the floor.
3. Extend your right leg.
4. Press the heel of your flexed left leg down into the floor to lift your extended right leg to the ceiling.
5. Keep your right heel pointed down and toes lifted up to the ceiling. You will really feel this in your flexed leg!
6. Lift your leg, hips and body in one smooth motion.
7. At the top, pause slightly, squeezing the muscles in your buttocks.
8. Slowly lower your leg.
9. Do 10 repetitions, then switch sides and do 10 more.

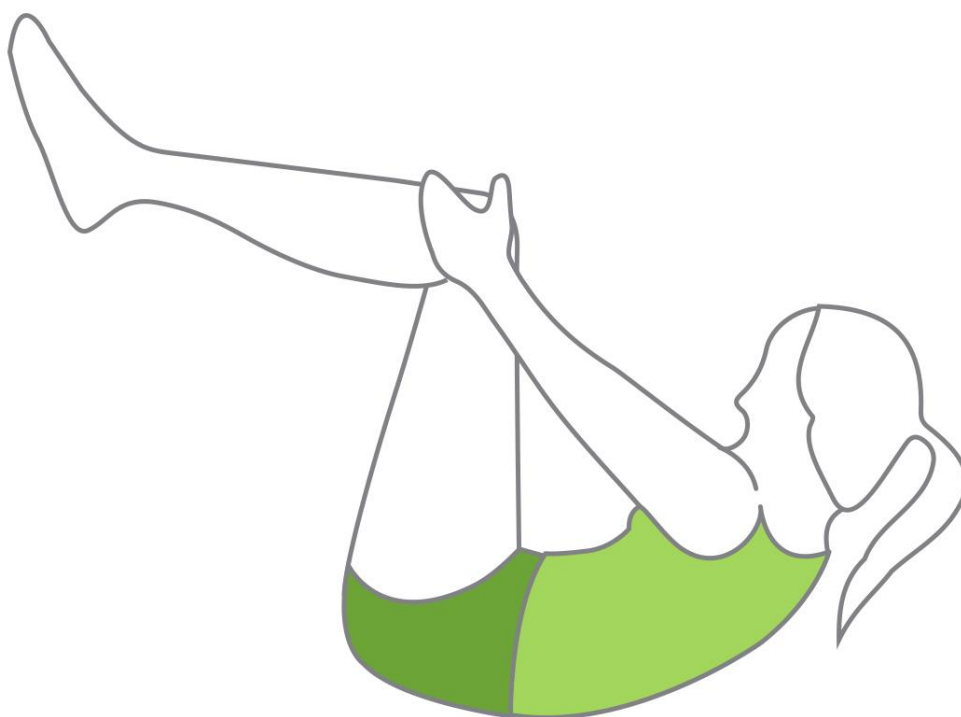


Helpful Tips

- i. Focus on rhythm and form.
- ii. If you are a beginner, you can keep your feet flat on the floor.
- iii. Breathe out while raising hips.
- iv. Breathe in while lowering your hips.
- v. Both lifting and lowering your hips and your hip and leg should be slow and controlled.
- vi. Pause at the top of the lift to contract all the muscles in your buttocks.
- vii. When you bring your buttocks back down to the floor, do not relax, just touch the floor lightly and lift your pelvis or leg back up.

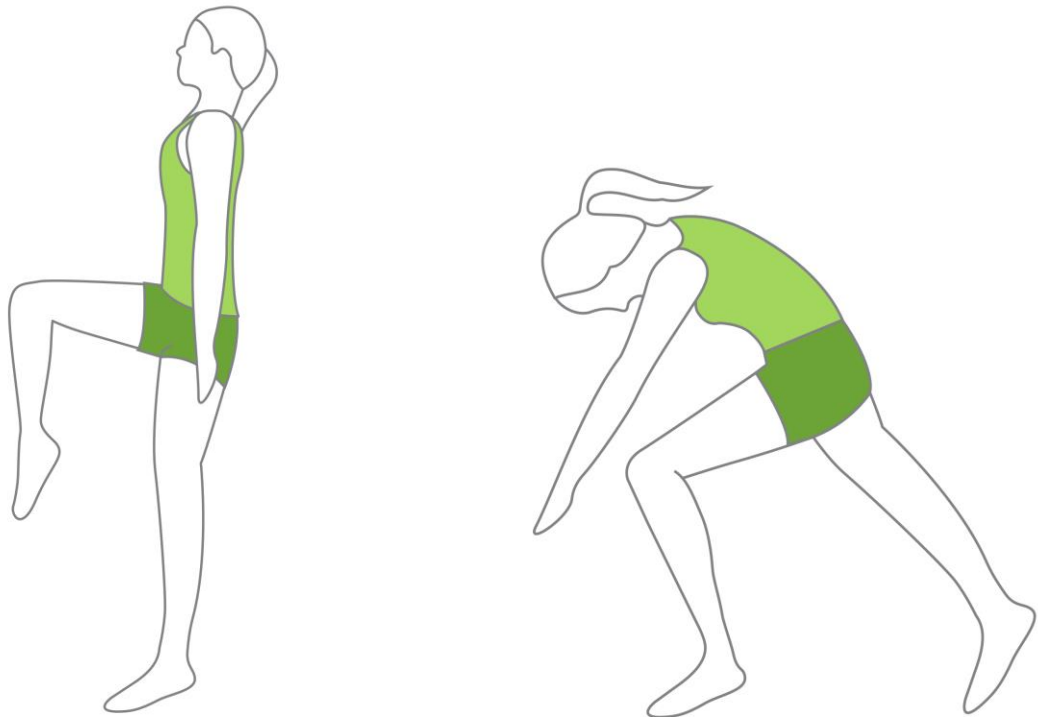
Cradle Roll

1. Bring your knees into your stomach and chest.
2. Hold them there and stretch gently for about 10 seconds.
3. Flex your feet if you want to.



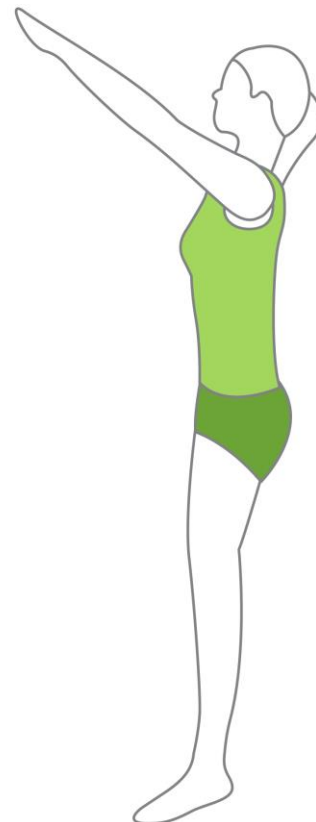
One-Leg Touchdown

1. Stand up.
2. Lift your left leg so that you are standing on your right foot.
3. Reach forward and touch the floor with your left hand.
 - a. You may place your right hand on a wall or a piece of furniture to help you balance.
 - b. However, improving your balance to do this exercise unassisted will greatly help you reduce your cellulite.
4. At the same time, move your left leg straight back behind you.
5. Bring your left leg back to the start position, lifting your knee as you do so.
 - a. You may briefly touch the left foot to the ground to rebalance yourself.
6. Focus on form.
 - a. Reach forward slowly, recover slowly.
 - b. Breathe in bending down.
 - c. Breathe out while standing back up.
 - d. Try to touch the floor as far from you s possible.
7. Do 10 repetitions, then switch sides and do 10 more.



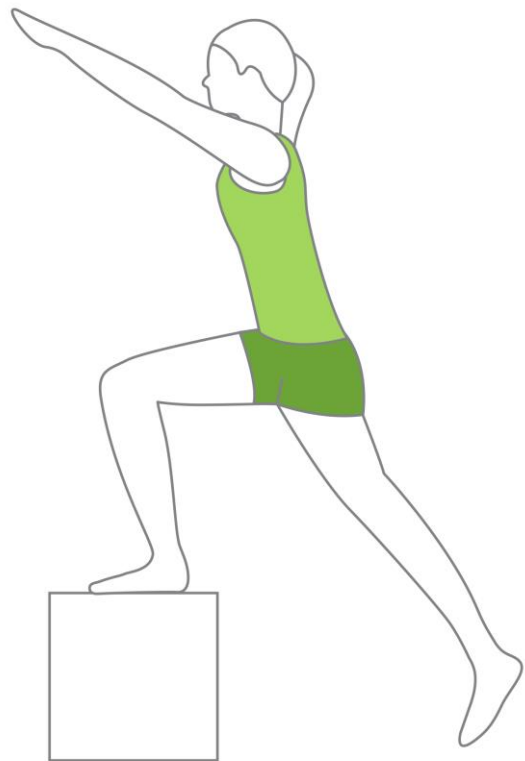
Natural Squat

1. Stand, feet shoulder-width or a little more apart.
2. Clasp your hands in front of you or overhead, keeping your arms straight.
 - a. You can start with your hands in front and gradually lift them overhead.
3. Keep your back straight.
4. Breathe in and slowly lower yourself through your body and pelvis.
 - a. Your knees should not extend forward of your toes. This is a very awkward angle that is hard on the knees.
5. Pause briefly.
6. Breathing out, slowly stand back up.
 - a. Do not extend or lock out your knees: this transfers weight to your bones. You want to make your muscles support you.
 - b. If you can only do a partial squat, do not force yourself.
 - c. Just ask a little more of your body each day.
7. Do 10 repetitions.



Step-Up Exercise

1. Stand on the step with both of your feet.
2. Extend your arms in front of you.
3. Lean forward to maintain your balance.
4. Keep your right foot on the step.
5. Slowly reach back behind you with your left foot.
6. Touch the floor lightly with your entire left foot.
7. Keeping your right leg flexed, slowly bring your left foot back up to the step and touch the step lightly.
8. Do 10 repetitions, then switch sides and do 10 more.



Helpful Tips

A good starting height is 9 to 10.” If that becomes too easy, you can use a taller step. Anything you use should be sturdy enough to support your weight, and deep enough and wide enough for you to stand on it with both of your feet.

- i. Try not to rest your foot on the floor, but only touch it with your toes.
- ii. When that becomes too easy, reach further behind you with your foot while reaching forward with your arms in a lunging movement.
- iii. Keep most of your body weight over the leg on the step.
- iv. The leg on the step does most of the work of stabilizing and supporting you.
- v. The moving leg does very little work.

Lunging Touchdown

1. Rise to a standing position, feet approximately shoulder-width apart.
2. Step forward with your right foot.
3. Slowly reach in front of you to touch the floor with your left hand.
4. Slowly recover to a standing position.

