



Video Transcript

Full Body Sculpt Workout

Hello, goddesses. I'm Rachel, and I'm so excited to be with you here today for a full body sculpt. If you have a mini band at your disposal, please grab it. And then also a band for upper body work, or you can have a set of dumbbells. Whatever you have in your home is totally fine. We're going to start by going ahead and putting the band right above our thighs, okay? So I want you to stand hip with distant, and then I just want you to sit in a squat position, open the thighs straight back, out to the size of the room, keep drawing your belly button up towards your spine, just heating up the legs, starting to get in touch with the breath and the pelvic floor. Five more, four, three, two, and one. You're gonna come all the way up and reach out, sitting in a nice chair pose. We go down, come up. I want you to connect to your breath and start to just send your breath to any places in your body that are feeling tight or stiff or stagnant. We go down, we go up. See if we can lift your toes as you sit down on that next breath, 10 little pulses. Good, eight, seven, six, five, four, three, two, and one. We're gonna come up, lift your left heel, sit down, you're gonna open and close. Out, and you have eight and seven, good, six, awesome, five, external rotation for four, three, two, On that next breath, you're gonna keep the heel lifted. Stand all the way up, down. We have eight. Tuck your tailbone at the top. Squeeze the cheeks. Seven, six, five, four. Good. Keep breathing, sitting a little deeper. Last two. Next breath. Hold that. Pulse it ten. Nine, eight, seven, six, five, four, three, two, one. Hold that, open the leg,

ten little pulses done with this side. Eight, seven, six, five,
 four, three, two, and one. Come on up, you're gonna just reach the arms up nice
 and tall, forward fold, give yourself a little stretch, bend one knee,
 stretch the other, switch, bend one knee, stretch the other, switch, bend one knee,
 stretch the other. Good, soften both the knees, slowly roll up. You're going to lift
 the opposite heel. Full range of motion, we squat. Down, up, down,
 squeeze those cheeks. Feel like you're just cracking a peanut right under the seat,
 down and up. We have seven, pressed, five,
 four good three two hold it pulse it 10 nine eight seven six five four three two
 and one you're gonna externally rotate internally rotate it's like a little clam but
 in a standing position you have eight seven abs nice and tight hugging in and up
 like a corset, five,
 three, two, hold that little pulses down for 10,
 eight, seven,
 five, four, three, two, open the leg, ten little pulses, good morning,
 glutes, good evening, how are you? We have five, four, two and one amazing you're
 going to step to the back of your mat all right you're going to reach up nice and
 tall exhale forward fold and just walk on out into a plank position roll your
 shoulders back and down holding there engaging your core three more breast
 good inhale exhale again One more time,
 heating it up, and then just drop to your tabletop, flex your feet. We're going to
 activate our core with a stretch, so just give me a cat cow, but I want you to
 think about stretching your core and engaging as you round. Again,
 two more. Exhale, round. One more time,
 round your spine, neutralize your spine and we're gonna find a table top knee tap
 so you exhale hug your abdominals in float your knees and then inhale tap your
 knees good exhale blow the air out hover inhale tap try to make sure you don't
 dome your back right shoulders back and down exhale up inhale down we have two more
 Hug the abs in, activate the core, and tap. Next one,
 we're gonna float, little pulses. 10, 9, 8, 7,
 6, 5, 4, 3, 2,
 and 1. Tap the knees, give me a cat cow, round your spine. Inhale,
 gaze And then you're just going to sit your butt back on your heels, give your
 wrists a little stretch. Amazing.
 And then we're going to come back to that tabletop position, point your toes, and
 we're going to lift the right leg up and lower. Exhale up,
 inhale lower. Try to tuck your tailbone, activate your core as you do this. You
 don't want to lean to the left keep leaning to the right beautiful exhale five six
 lift seven take your time square your hips eight nine hold that lift little pulses
 up two three four five that's it six seven eight nine on that tenth one square
 your hips tack your tailbone you're gonna curtsy lift pull your knee to your elbow
 and do it again curtsy lift knee to elbow lift curtsy lift knee to elbow lift
 curtsy lift that's it this is number five pull it in again sixth

end and five last four
 and three and three press two two press and one and done fantastic let's go ahead
 and just Lift the hips up into a downward facing dog. Stretch your chest,
 big breath,
 awesome. You're gonna top your knees right back down to the ground. We'll go right
 into the other side. Tuck your tailbone, pull your abs in, lift for 10. Nine,
 if you need to adjust the band, feel free.
 Six, shift more weight into the left hand. You should be able to wave at me with
 your right.
 Five,
 four, three, squeeze the bottom of the seat, tighten the belly. Next breath,
 hold it, pulse it, 10. Nine, eight, bring your heel closer to your tush. Five,
 three, two, and one. Let's curtsy, Curtis, curtsy and kiss the elbow.
 Curtsy, lift, kiss, lift, lift. Curtsy and kiss.
 Love it, four, and cross five,
 cross six, hug your abdominals in as tight as you can.
 Awesome, let's do two more. Curtsey lift, kiss, lift,
 last one, fan, fantastic. Let's go ahead and separate the thighs,
 sit back in a child's pose, reach through the fingertips.
 Breathe, breathe, breathe. And then just slide your hands to the left little side
 bend feeling a release through the side body through the glutes and then switch walk
 your hands to the right breathe and
 then we're going and swing our legs out in front of us and roll down okay so flex
 your feet as much as you can, and I like to flex them until my heels come off
 the floor. So reach forward, tuck your tailbone, roll down, inhale,
 reach up, and then just bend your knees, place your hands right next to your hips.
 We're gonna tuck our tailbone, roll up, inhale, roll right back down. Exhale,
 tuck and roll up. Inhale, come down. Awesome. Tuck,
 roll up. And really take your time, right? You're articulating through the spine,
 trying to keep your spine straight, absolutely never allow an arch in the back.
 When we engage the pelvic floor in the core, we'll feel more activation through the
 glutes. So tuck, hover halfway, little pulses. Not too fast.
 Squeeze eight And seven, six, up five, four,
 three, two, double time. Up, two, three, five,
 seven, eight, nine. Hold the lift, spread the thighs, little openings. Tuck the
 tailbone, feel the outsides of the cheeks. You have five, four, three, two, one.
 Tap, press, tap, press. Eight, seven six five four three two and one bring your
 knees over your hips grab hold of your thighs look at your belly little curls up
 up and up beautiful keep curling five four three three two two and one you're gonna
 lie on your back bring the band around your ankles okay so once it's around your
 ankles hold there and then we're going to lower the legs out two three lift the
 legs out two three good lower keep the abs tight open open open open and and left
 open open open good seven more down out out out and up out out out lower pulse

and lift pulse good four more lower pulse pulse pulse keep the abs super tight keep
 tucking the tailbone lower pulse pulse pulse pulse and lift let's do Two more,
 down, out, out, out, out, and up, out, out. Last one,
 open to three, and on this one, we're gonna flex our feet, yes? You're gonna try
 to lift the hips and lower. Exhale, lift the hips and lower. You have eight more.
 Exhale, eight,
 seven, gorgeous, Sixth. Big lift.
 Five and four,
 three,
 two,
 and one. Bend the knees, curl up. Final little pulses up and up.
 Beautiful. Curl, curl, curl. Keep tuck your tailbone, drawing your belly button down
 to your spine. Final 10, 9, 8, 7, 6,
 5, 4, 3, 2, and 1. You're gonna hug your knees into your chest and do a full
 stretch. Exhale, hug, inhale, double leg stretch. Exhale,
 hug, inhale, flatten the belly and lengthen. Exhale hug, Latin and lengthen,
 last one. Big hug, big stretch, and then just rock and roll up to your feet,
 and then if you have your band or your weights, you're gonna go ahead and find it,
 all right? So we're gonna do a split stance. You're probably like, so many props
 happening. So the band is around your ankles, you're gonna do a split squat stance
 so the left leg is behind the right and then you're just going to bend the knee
 slightly tuck the tailbone bicep curls all right we go up and down curl curl
 awesome let's do five more five elbows right by your side app super tight three two
 don't forget to breathe one come to that 90 little pulses not too fast eight seven
 six five four three two we're gonna add a little squat so we go down up two
 beautiful three curl four curl five awesome six down seven eight that's nine and 10
 stand up nice and tall soft and in the knees lateral raises down and up shoulders
 down abs tight lift and lower let's do five more we have five four three two and
 one step the back foot onto the band the front foot back and then we're going to
 do the same thing right so stand up nice and tall 10 bicep curls
 seven five four three two one little pulses up to hug your abs and tuck your
 tailbone four five six seven eight nine nine,
 ten, we're gonna go full range, add the legs. Bend and stretch. Two and three,
 sit the hips back, four, abs are tight, chest is proud, seven,
 eight,
 nine, sit back nice and deep, pulse it, two, three, four,
 five, six, seven, eight, nine, ten, stand up nice and tall,
 soft bend in the knees, neutral pelvis, seven, six, five,
 shoulders down four, smile if you can, two, and one,
 fantastic. We're going to work our triceps, so you're going to sit back. Palm space
 you to start, kick it back. Out, Out, in,
 three, four, five,
 seven, eight, nine, and ten, palms flip up,

bend, and stretch. Three, four, five, six, seven, eight, nine, ten, extend the arms little, lifts, two, three, four, five, six, seven, eight, nine, ten, extend the arms little lifts, two, three, four, six, eight, nine, bend stretch, two, three, five, six, seven, eight, nine, just hold there. Extend your arms, lift your arms, five, four, three, two, one, come to standing. Let's go ahead, take the weights, or props I should say, to your side step back into a high plank position hold there exhale lift the hips downward facing dog you pedal two three four bend both knees pop back into that plank again exhale lift pedal four good bend both knees pop into your plate two more exhale up pedal four three Three, two, one, hop to plate. Last one, exhale, lift, pedal four, three, two, one. Hop to your plank, hold there, four breaths.

Beautiful, drop to your knees, flex your feet, find your final cat cow, round your spine. Inhale, gaze up. Exhale, sit your hips back, child pose.

Thread your arm, under, left ear to the earth.

And then let's switch sides. Other arm threads through. Rest your ear to the earth and

then reach your arms forward let's sweep our legs out in front of us find a butterfly stretch so soles of the feet touch lift your chest nice and high feel free to flap your wings and then just surrender to your stretch round down drop your chest let it all go

And then go ahead and close your legs like a book. You can just reach forward. If you can reach your toes, amazing. Surrender, feeling a release through the posterior chain.

Amazing. And as you gently roll up, just come to a comfortable seat and we'll take one arm across the chest rest your ear to your shoulder and other side ear to shoulder inhale reach arms up grab an elbow take a little side bend I always love side bends like every time I do that I'm like I didn't know I mean that so bad

ah Oh, amazing. Hands to your thighs, just roll your shoulders up, back and down.

And take note of how you're feeling now, as opposed to when you started class, I want you to give yourselves a big round of a pause. Thank you so much for making time for yourself and sharing it with me. Again, I am Rachel Nix, and I hope to sculpt with you again very soon. Bye!