

Okay, so we're going to do, um, a Kathy Grant style warm up. Uh, the reason, actually, I had Alani come was because she used to be tortured by this at, um, NYU back in the day. And so this is going to be familiar for her, but I won't be quite as mean.

Maybe a little bit mean. So, um, it's an abbreviated one, so you're not. It's not all of Kathy's material, but it kind of goes through the elements of her warm up. So she was. Kathy Grant would say, sit comfortably for your breathing. So. So whatever that is. Although I will say that when you are sitting, don't have one leg doing one thing and the other leg doing another thing.

Do. Do the same thing on both legs. So accordion breathing to begin. So it's like the vision of an accordion. So you're going to inhale for eight counts. Four, five, six, seven, eight. Exhale. Shh. You can blow the air out with a sound if you want. Inhale. 4, 5, 6, 7, 8.

Exhale. Blow the air out. Uh, now on this next one, see if you can feel both sides breathing at the same amount. So you can feel it. You can hold your ribs if you want. 2, 3, 4, 5, 6, 7, 8. Exhale. So let's just do one more. If you feel one side less than the other, breathe on the side you're not feeling as much.

Thank you. Exhale. Yes. This next one's called Sipping up the Straw. So you're going to purse your lips and inhale. Keep inhaling. Kathy would say it's a long straw. And she'd say it's a thick milkshake. And then the straw exits right here. You're going to put your fingertips right between your breasts and exhale through an imaginary straw right between your breasts.

One more time, zip up a straw. Thick milkshake. That's it. It's really a long straw. That's it. When you can't inhale anymore, send the breath through an imaginary hole. Right. Should we call this number three? It's a long story. Yes, that's exactly it. Next thing. So just sitting up nice and tall, you're going to change your legs whenever you need to.

Rib cage isolation. So you're going to inhale, lift up, and as you exhale, take your ribs over to one. And on that same exhalation, lift up and come back. Find your center to the other side, lifting up as you go over and use that same exhalation to lift and come back to find center.

Keep it going. One more set. Inhale, lift up, and as she goes. She's trying not to take her shoulders dipping with her. She's really just lifting and trying to think of that bottom part of the ribcage going over and then coming back to center. And you just hold it for a second.

And if you have a mirror. Great. Then you can take a look and see if

you're centered. Right. That's exactly it. And she's using her arms a little bit, which is great. It's helping her get over. Stay there. The next one is you're going to inhale. And as you exhale, you're going to really lift up out of that back and exhale through the nipples.

I always hated when Kathy said that, but apparently that's what Mr. Pilates said to her. That's it. And so she's really lifting up out of that low back. Oh, yeah. Stay here with me. Keep exhaling. That's it. Now to come back to center, you're going to find your tummy.

So Kathy would say, zip tight jeans on. This is Kathy's song. Belly button to the lowest part of the waistline. Put a belt on, vest, tape measure. And you fly. Fly, fly, fly. Last one, intertwine your fingers behind you. Give me a rounded spine. Go to a C shaped spine.

Now stay there. So let's have you bring your legs up on top. Yeah. And let go to straight. And so she's really rounding her back. And you can go for any side version of that if you want to. Just to kind of get that. It was really just to stretch that back a little bit.

Now here's the trick. Come back to center. When you come back to sitting up tall, you're not going to ride your butt. You're really going to lift up out of the hips. As you again find Kathy song. Zip tight jeans on. Belly button to the lowest part of the waistline. Belt.

Yep. Vest. Keep lifting up, up out of those hips. Tape measure and fly. That's it. Yeah. Hi. Yes. Are we feeling lifted? Okay, good. Um, so staying in the same position. Or you can change your legs. The sleepy droopy head. So you're just going to let the head fall.

And I'm going to use some Kathy imagery. She would say, you know those people on the subway that fall asleep and their heads just start going down? That's what you're thinking. A long time ago, when I first started with Kathy, she would say, think of Narcissus looking into a pool of water.

But then all of our students at NYU after a while were like, who's Narcissus Anyway, so apparently there wasn't enough Greek mythology for the freshmen. So staying there, just going to let it hang. And you can go as far or as close to the floor as your body lets you.

You're really listening to what your body has to tell you. And when she gets to her bottom. That's right, Alana, you're just going to stay there and you're going to hang an imaginary spoon from a long thread dangling off your nose, and you're going to stir a cup of soup or a bowl of soup with this imaginary spoon.

That's it. That's the soup head. I know. I told you she had really funny little names. And she would say, make sure you don't get your

soup all over the walls. And then stir the soup in the, uh, other direction. And she would say, from the look of your head, I should be able to tell what kind of soup it is.

Like if it's a thick soup or a thin soup. Yeah. And it should actually feel really good. And then from there, you're going to do Singing Kathy's song to come back to center. She'd say, sing my song to sit up tall, zip belly button to the lowest part of your waistline.

Belt. Which means just getting that last next part of the belt vest, tape measure. And sitting up nice and tall. That's exactly it. I don't remember what's next. Oh, yes, I do remember. Okay, so then, um, then you're just going to do a little figure eight of the head.

And Alana is choosing to go eyes closed. You can do your eyes open. It's up to you. I was an eye closer, too. And just easy. And then keep that going. And then she's sort of. Kathy would take it into. She'd say, then think of Ray Charles. You know how.

Just sort of let's, you know, pretend you're listening to your favorite song and then just do anything that your head wants to do. The only key is, is that as you're doing all this great free movement in the head, you're trying to keep the shoulders and back still. Yes.

Really get up to sitting up tall on your little forward. Yeah, that's it. Uh, that's it. And really go. And now whatever tune you're listening to, make it a little faster. Yeah, that's. Give a little more of it. Yeah, that's it. So she could just really free up because sometimes you get a little slow with it.

Yeah. And then after that, you find center and we do some abs. So, uh, this next bit is called the Green Room. And I realized that people go, well, why the green room? And so it's called the green room because, um, that's where you go to get ready. It was the VIP room.

Think Studio 54 and where all the fancy people got to go. So here we go. So for her, this is the most important room. And it's really the deepest layer of abdominals we're trying to get to. So cross your arms in front of you. Yep. And you're going to inhale.

And as you exhale, you're going to lower down into your green room. So this is one way to get into it. Mhm. And so where that is is your weakest point. And she's going to feel it. Yeah. So I think we're there. Yep. And so lift the elbows up a little bit and start to pulse.

Inhaling for two. Exhale for two. And so she's doing a really good job at not making about the movement of the upper body, but really about what's going on in her tummy. And then she's going to go a little lower because she's getting tired of that spot right there.

And. Huh, huh. And so what I want to see is this little. Yeah. Do you see how that she's just bringing that in and it's not about the movement of her upper body. And then maybe go to a different spot. Go a little lower. Stay here. Lift those elbows up and do push your hands forward so you can curl up.

And that curling that pulse in is what the green room is. She's going to inhale, exhale to lie all the way down. And just to make sure you're getting it at home, I want you to try it from the down position to up, which is most of the time a little harder.

So you're going to inhale, Alana. And as you exhale, lift your head up. Yes, good. And you're going to come up right there and do little pulses. Teeny. So small. Yes, that's it. And if when you're exhaling and it sounds a little like, shh, another S word, you're probably getting it right.

Yes, that's it. And lie all the way down to rest. So I use the foot strap if you don't have a foot strap at home. Ankle weights are good, but I like the foot strap for that. Bend your knees, put your flat on the ground. You don't need the strap, but sometimes it helps keep the legs down.

So now let's just do some simple head lifts. So arms down by your side. Give me a big old inhale and as you exhale, simply lift your head up and look right between your knees. Mm mhm. Yes. Thank you. And then really find that wrinkle right underneath. That's it.

And when you and Kathy would say send the energy all the way down to your navel, she would definitely say that to me. And staying here, you're going to count out loud to 5. 1, 2, 3, 4, 5. Give me a big inhale. And as you exhale, lie down.

I purposely didn't tell Alana how to count to five. I wanted to see what she was going to do. So inhale again. And as you exhale, lift your head up. Send that energy all the way down to the navel. That's it. And now I'm going to make her count in a circle.

So with me. One, two, three. That's right, a little harder for some reason. Inhale, and as you exhale, rest down. Yes, yes. One more time. Inhale and as you exhale, really send that. Kathy would say it's like um, a pinball machine where you send that energy. Remember how you got that big score when it went right to that big hole?

That's it. And that's where the energy is getting sent to. And then count to five. One, two. That's is harder, isn't it? Inhale, and as you exhale, rest your head down. For some reason Kathy would say the sound of one goes out. So you have to. I say count in a circle because that's what it made sense to me.

But however you translate that works. So then just simple leg lifts. Um, when you're ready, you're going to bring one knee into your chest, trying not to move anything else. Let's say the right leg. Bring the right leg into the chest on an exhalation. So hopefully she's working her abdominals, you're not feeling the hip flexor so much.

And she's going to slowly lower the leg down. Now the breathing is sort of up to you. You decide what works best. And again, one more time for me, I liked to arch my back a lot when I did this. So let's put in a little element from the breathing that we did earlier.

And um, lower it down. Let's just do one more. The same leg. So as you bring that right leg up, I want you to think of that exhale through number three. Exhale there and see how that kind of helps bring the back down. Inhale again. You can even exhale through that number three as you lower the leg down.

Good, let's do that to the other side. Very simple. And, you know, I always wondered why Kathy did all these leg lifts. And when you think about all the Pilates that we do, how many times we bring our knees into our chest without thinking of where it's coming from.

And in my mind, I always think that that's why Kathy spent so much time doing leg lifts, so that we were mindful about how we did our leg lifts. Yes. And then do one more. And Alana's legs are reminding me of the. Other thing that's also difficult is as you bring that knee into your chest, you're tracking.

So she's doing knee, ankle, and she's trying not to let that foot swing in ever so slightly. Yeah, it's tracking. And then take this leg down. So then it gets a little harder. You're going to try to bring both legs up at the same time. If this hurts your back, then don't do it.

But both legs up and down is the next step. You can bring the legs together if you wish, if that helps. Yes. And you lower the legs down. Do that a few more times. And as you do this, don't push off the feet. I want you to really do it from.

Kathy would sort of go, remember? Yeah, yeah. She would sort of smack you around. You really are trying to find those muscles as opposed to pushing off the feet. Just do one more. Just. And if you don't put your feet all the way down, that's fine. You just are going to try to bring it back up.

Really finding the abdominals. After this, you're going to do a head lift. Yeah. Uh-huh. And you're putting it all together. So the knees are up, the head comes up. You're going to grab onto your shins and give yourself a nice big pull. Kathy called this the double leg pose.

So from double leg pose, you're just going to exhale, rest your head down. Hopefully I'm standing. And then, um, cross your feet at your ankles, and we're going to do the spine lift. So Kathy used to call this the butt lift. And then she realized that that's not, you know, the butt lift.

And so people started doing. Can you do that, like, quickie butt thing? Yeah, people are sort of doing that, and that's not what we want to do here. So she started calling it the spine lift. So pushing down into your hands, you're going to slowly lift your spine up into the.

You're going to try not to do that hoist, but if you need to a little take it. That's it. Now stay up. And if you can, you're going to reach the thighs a little higher up than you think you need to, but bring the heels a little closer to your bottom.

That's it. Inhale. And as you exhale, think of taking your chest away from your chin. As you come down, Say out loud three to ten. Mm. Five. Breathing is a good thing. Keep moving, honey. Seven. Yes. Hardest part is seven. Eight, nine. Let's do it one more time again, lifting up two on each side so you're going to really lift up and you're curling that belly and working so hard.

And then at the top you're really going to try to keep the thighs away from your face and think chest away and legs away as you say. Three. Mhm. Keep moving. Some people just count and they don't move. That's it. And if you're feeling your triceps, that's probably right. As you do it more, you'll feel a little less triceps.

Yes. And so I'm going to give her a little help because sometime helps people to flex the feet and kind of hook the feet around each other and gently pull the feet open. You're not really opening the knees, but it gives you a little something. That's it. Keep coming. Yes.

Chest away, legs away. One more to go. At least two on each side if you can stand it. Mhm. And if you just lift up a little bit and come down slowly, that's great too. 4, 5, 6. Thighs away. Yes, honey.

Ah. So you're going to uncross the legs and with control from your abdominals, of course, lower the feet down. Thank you. Pushing down into your feet, a simple pelvic lift. Lift up any way you wish. Rolling up, flat back. You know, Kathy actually didn't. She would never say how to lift up.

She would just say pelvic lift. Yeah. And then let's add a little something. So you're going to keep your hand, you're going to reach your hands forward to the tops of your thighs. And Alana, I want your feet a little closer together. Yeah, you really want the feet about hip width apart.

You're going to reach the arms forward till they're straight. Press your hands down on your thighs as you press your hips up against it. That's exactly it. And for you, Alana, you're keep the knees a little closer. And so you can also think of reaching those knees forward as you press your hands down.

Press your hips up and breathe often. Our backs get into it. And so by pressing down with the arms, it really helps the lower body stay engaged. Inhale and as you exhale, roll down slowly. Upper back comes. Keep reaching with those arms. Yes, love, good. Keep weight in those feet.

Middle back comes down. That's it. Keep reaching. Waistline and then the tailbone. Yeah. Lift up one more time. Find those feet as you lift up. Reach the arms forward. And at the top you're going to press your hands down and press your hips up. And so if you look at your self profile or if you see Alana here, she's not going to be arching her back.

She's in a slant board. Thus the slant board. Pelvic lift. Right as she's lifting. Now we're going to just add. Reach straight, arms up to the ceiling. Inhale, exhale. As you reach back, keep reaching and pressing down into those legs. Yes, good. And the hands don't have to touch the floor.

In fact, I'd prefer that they not inhale. Yeah, but keep reaching back. And as you exhale, upper back comes down first. Mm mhm. Middle back, waistline. Keep reaching those thighs forward. Oh yeah. Inner thighs too. Yes. And then the tailbone comes down. Bring the arms down by your side.

So let's go into the ten count. Roll up. So lots of talking. If you don't want to talk, you don't have to. But just try it and see. Just try to see what it does. And then later, if you decide not to count, fine. Uh, but come on, try it.

So extend the legs forward. Think of that torso still staying centered. Give me straight arms up to the ceiling. And end with the arms reaching back. And as you reach back, you're not going to arch the back. Stay right there breathing. Say out loud, 1. Bring your arms up to the ceiling and say.

Yeah, that's what comes after. One. Lift your head up. Three. See that next wrinkle? Come up to it. Four. Four, five, six, seven, eight, nine. Ten. Four, five, six, seven, eight, nine, ten. See the next wrinkle. Come up to it. One, two, three, four, five, six, seven, eight. I know.

Next spot right there. One, two, three, four, five, six, seven. I

think she's got one more spot. Come on, right there. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Counting slowly. 1. Keep coming forward. 2. Yes. 3. Keep moving, mamacita. Yes. I'd say it in Filipino, but I don't know how to keep coming forward.

And for some reason you keep counting to ten. Mhm. Keep counting because you got more. One. Yes. See, she's counting and breathing. Her belly's going back and she goes as far forward as she can. And she's going to start to roll backwards. When she gets to her end, still counting.

Five. That's it. Six. Seven, eight. Nine. Keep thinking. Lengthen the head back. Still one. Lengthening back. That's it. Keep counting until her arms end reaching back. And then from there, say out loud, let's do it one more time. Say 1. Arms up to the ceiling and say 2. Lift your head up, come up to the next wrinkle.

Four. Five. Six, seven, eight, nine. Ten. It's aggressive. Come on up uh, right there. One, two, three, four, five, six, seven, eight, nine. One more little spot right there. 1, 2, 3, 4, 5, 6, 7, 8, 9. That's it. Come forward. Counting. So the point of counting to 10 each time is to make m.

You find those weak spots that we like to skip over in our roll ups. And by the way, this is my intellectualization of what Kathy would. She would just say, yeah, do this, but that's what she would do. She's making you breathe and count and find and strengthen those weak spots.

That's it. That's it. And you just keep counting 10 to keep yourself breathing. Yes. Now stay here. Lift the arms a little higher. Don't go too low with those arms. Yes. Oh, it's a little harder, isn't it? And rest. That's enough. Okay, so when you're ready, sit all the way, um, up.

Yep. You could do a 10 count, roll up again if you wanted to, but, um, scoot back just a touch. And then if you have socks on that are slippery, then this will work. If not, grab a little towel and you, um, can put your feet on top of the towel.

We're going to do the whistling sand tunnels. So, um, the name of this came from. You know, when you go to the beach and you sort of dig your heels into the sand. That's what this is. And also coupled with the whistling. So if you whistle, you usually, I say usually draw the belly in.

So she kind of put this hamstring stretch in there. Because the dancers at nyu, they would just stretch their hamstrings. And so this sort of helps you breathe and stretch slowly. So when you're ready, you're going to inhale. And as you exhale, start to. As you slide those heels a little.

Oh, so she can't whistle. Very good point. So if you can't whistle, blow air out through pursed lips. I know, I know. There's a lot of you. No, there really are. I'm actually an inhale whistler too, but I learned. So inhale, and as you exhale, blow air. I'll whistle for you.

So you really blow the air out. And then she's not. You don't go all the way out. You're just going to stay here and keep exhaling. Keep exhaling, keep exhaling. And then you go to the next one, you're going to inhale again. And on the whistle, you move. And then maybe y it.

And did you see how, um, sometimes both legs move one at a time? You're trying to get both to move at the same time. And Again, whistling. So a lot of Kathy's exercises were like that, where you were really. It's a whole like trail of self discovery as you go.

Now, that went pretty well. I know you can't hear it, but she really is whistling and breathing inside her mind. And now actually, here comes the next hard part. She is going to actually bend her knees and pull her heels back toward her, trying not to go backwards. You don't have to whistle on that one, but you could.

Yeah. And this is actually really hard. Hi. It's monkey with no springs or it's monkey. Right. It's that. That's it. You do get to go backwards, but you don't get to really go far back on those sits bones. But you really. That's it. Let's just do that one more time.

Inhale again and as you exhale, whistle to slide the heels forward. And just listen to those legs and watch and see how they're moving. Hope you know, you'll see if one wants to move before the other. And the whistle really helps you draw the belly in without having to say, bring the belly in because it gets a little boring for everybody to think of.

Bring the belly in all the time. That's exactly it. So from here, Alana, let's just let go of this and let's come into a squat.

Yeah, so you're just squatting. So can you really? Yeah, your heels. So Alana and I are the same. We can sort of really be in our heels and just hang out. And that doesn't do anything right. So if you're like that, you're welcome to bring the weight of the body forward so that you can really sort of work on relaxing those ankles and stretching the calves.

If you need to go wider, do so. If you need to, um, turn out a little bit, do so. You know, rotate the feet open. You're welcome to just get into a squat. And then from here you are going to slowly come up to standing. So, um, yeah, I'm just going to tell her that.

Let's see what happens. So as she comes up, she's going to come up to

standing. Yeah, that was good. Um, what I don't want to see is to come up from here. I don't want to see butt leading or, um, head leading. I really want to see her use her quads.

Can you just do that one more time? Yeah, go into that nice squat. And so as you come up, really just work the legs. And this is a time to use your quads. So push down into the feet. And work the quads to come up to standing and get the heels down as soon as you can.

And now you're ready for some mat work. Yay.