

Hi, I'm Carrie Russo here with Karen and Casey. Oh, a lot of ka ka kas today. So we're going to do something to get your heart racing and your blood pumping. So enjoy the ride. So we're going to start, uh, by sitting down. So arms up like a genie.

Cross one foot over the other. Grow taller as you lower yourself down to seated position. Your butt will stay under you. Good. Lift yourself back to the middle of the mat. And we're going to start what I call the hundred and series of five mashup. So we're gonna do the 100 for 20 pumps to start.

So curl your head and shoulders up. Lift your legs up. And here you go, pumping. Inhale and exhale. 2, 3, 4, 5. Breathe in. 2, 3, 4, five. And exhale. 2, 3, four. 20. Hold it here. Go into single leg stretch. Right leg in. And in. Exhale and in and in and in.

We're going to do less reps because this is such a killer series. One more set. In and in. Extend out for the hundred. Again, 20 pumps. Inhale, two, three, four, five. And exhale. Two, three, four, five. Breathe in. 2, 3, 4, 5. Exhale. 2, 3, 4. 20. Double leg stretch.

Bend your knees in. Inhale. Unfold your body. Squeeze your seat arm. Circle and exhale. Hug it in. Inhale, stretch and exhale. Good scoop there. Inhale. Pull your stomach in as you stretch out. Arm circle and exhale two more times. Inhale, stretch, arm circle and exhale. Hug it in last time.

Inhale, stretch and arm circle and exhale. Legs out for the hundred and twenty pumps. Inhale and exhale one more time. In and out. 2, 3, 4. 20. Grab your right leg up. Single straight leg stretch. Pull Pull and pull. Pull. Reach for your ankle. Pull, pull, pull, pull. Two more sets.

Pull, pull. Good. Keep scooping as you change legs. One more time. Lower that left leg down for the hundred. And inhale. 2, 3, 4, 5. And exhale. 2, 3, 4,. One more set and exhale. 2, 3, four. Hold. Bring your arms back behind your head. Lift your legs up.

Double straight leg stretch. Lower down and up. Uh, so we're going to go down slowly and up. Um, quick. Down slow. Squeeze your bottom. Squeeze your heels together. Up two more times. Down slow. And up. Uh, last time. Hold the legs low. Extend the arms for 20 pumps. Inhale and ah.

Exhale. 2, 3, 4, 5. Really pump those arms. And out. 2, 3, 4. Hold it there. Hands behind your head. Bend your right knee in for crisscross. Twist and hold up and reach. 2. Hold it for 3, 3 and change. And 1, 2, 3. One more set, two, three.

Last time. Good. Extend that leg out and end with 20 pumps and inhale.

This is it. I promise. And exhale. 2, 3, 4, 100. Bend your knees in and rest. That was so good. Really nice. I know. It's so hard. I usually don't add the hundreds at the end, too, so.

Thank you. Sit yourself up. All right, we're going to do rolling like a ball, but this time, so make sure you either have all the room on your mat, because you're going to roll up to standing and jumping every time. So bend your knees in, grab hold of your ankles, and you're going to roll back and roll all the way up and give a little jump and go down and roll back and cross your hands, legs if you need to.

And up. There you go. And roll. And up. There you go. Up. Uh. And two more times. And up. Uh, make sure you don't fall too far back on your mat. And last time, down. This is so hard. And up. Uh, good. And lower yourself down. Have a seat and lie down.

All the way down. Right leg up. Give it a little stretch. Leg circles. Arms by your side. And circle around. And up. And circle around and up. We're only going to do four, so one more. Hold it there. Crawl up for tree. Grab hold of your leg and walk up to your ankle.

Have your back come all the way up off the mat. Sit up tall, reach forward and rock back and walk down. Good. And roll it up. Chin on chest. Lift up out of your waist and go back and walk it down last time. And roll it up. Beautiful. Lift up and go back and reverse your leg circles.

Open and around. Open, cross around. Two more. Last time. Good. Scissor your legs to change and give it a little stretch. You're welcome. Arms by your side. And here we go. And circle around for four. And shoulder. Shoulder. Nose is the range of the motion. And last time, hold it here, grab hold and walk up for tree.

Roll it up. Lift up out of your waist. Take your leg back with you. Have it at 90 degrees as you walk on down. Trees coming through. So we have two more. And walk it up. Lift up and walk back down. Massage the spine. And last time, Roll it up and back and down.

Arms by your side. Open the circle. We're reversing. And 4 and 3 and 2 and 1. Reach that leg long out to the mat. Good. Bend your knees in. Lift them up for corkscrew at 90 degrees. Wrap in your little V. And first you're going to keep your pelvis down.

Circle to the right, make them as big as you can. And then to the left. Good. And circle to the right. If you want to add just the pelvic lift, you'll add it at the center. Lift your butt up. Just your butt, though. And circle. And just your pelvis lifts even smaller.

One more set. Around. And up. Uh, last time. Circle around. And up.

Uh, Lower your legs and open them for the saw as you sit up. Arms out to the side. Twist to the right. And saw. 1, 2, 3. And roll it up. And twist. And saw. Reach. 2, 3, and roll up.

And twist. And 1, 2, 3, and roll it up. Twist. Wring out the lungs and saw. Pinky finger to your pinky toe. And one more set. Keep your hips planted so nothing lifts or shifts as you roll up. Twist hips, don't move. And saw. 3, 2, 1. Roll it up.

Legs together. Flip over on your stomach for swan dive. Scooping in. Press your arms up. Stomach in. Straighten your arms. And we're gonna dive. Release your arms and dive up. Uh, and up. Uh, make sure your stomach stays in. And up. Two more. Very nice. Sit back on your heels.

Good. Back on your stomachs for double leg kicks. Hands high up on your back. Hike them up as high as you can. Relax your elbows. Kick your bottom three times. Three, two, one, and stretch. Long. Reach for the feet and lay on the other side of your face. Two, three, and stretch.

Crack a walnut between your shoulder blades. And again, kick. One, two, three, and stretch. Long. Lift up. Um, good. And press your hip bones into the mat as you kick. And stretch and rest. Very nice. Sit back on your heels. We are going to do knee stretches on the mat, which is kind of a fun killer.

It's fun because I'm not doing it. So you're going to be on your knees, hands out in front of you. And then you're going to lift your knees up so toes curl out under you. Lift your knees off the mat. Good. Now, you want to be in a rounded position, so get them as close to your hands as you can.

And now both legs together. You're going to hop out. And hop in. Good. And out. And in. And out. Uh, and in. Four more. And yes. Stomach is strong. Keep that rounded position so the tailbone's under you. Two more. Two. And one. Good. And kneel down and rest. Let's face front.

And we're gonna go on to kneeling sidekick series. So kneel, not lying, kneel. No such luck today, kneeling. So grow taller as you tip yourself over to the side. Hand behind your head. Extend the leg out. And we're gonna swing to the front. Kick. Kick and swing to the back.

Rib cage in and front. Front and back and front. Front to the back. Hold it out to the side. And three circles. Three, two, one. And reverse it. Three, two, one. One. Bicycle each way to the front. First swing to the front, bend your knee and pedal back. Bring it out to the side and then reverse it.

Straight leg back. Bend your knee. Knee to your nose and toes to your nose. Good. Kneel down. Bend that knee. Good. Other side. Up and over.

Good. Lift that leg. Swing to the front. So you're trying to be in, um, one straight line so your knees under your hip and your hands and shoulders are in alignment.

Last time. Front, front and to the back. Hold it to the side. Three circles. Three, two, one. And reverse it. Three, two, one. One. Bicycle each way to the front. First, bend your knee, pedal through and extend back. And then swing a straight leg to the back. Bend your knee, knee to nose and toes to nose.

Bend that knee in and rest. Good. Stand yourself up on your mat, please. We're gonna do elephant on the mat. So turn around, arms up. Roll, uh, yourself down. Good. Take your hands out a few steps. Right about there is good. A little less close. Uh, you. A little bit.

Karen, come in a little bit with your hands. Good. Oh, you're right on that crease, so find a comfortable spot. Now you want to scoop and round your back just like elephant on the Reformer. So ribs are in, head's pulled in. And keeping your legs straight, I want you to walk your feet into your hands.

It should be about three steps each. And then walk it out. 1, 2, 3. And walk it in. And to get that in, you've really got to pull your stomach in. Pull those ribs in, and you're trying to get your hands to your feet. If you have that flexibility, walk it back out.

Good. One more time. Walk it in. Pull the ribs in. Pull your head in and walk it out. One more time. Good. Hold it here. Roll yourselves up.

We're almost done. Push ups. Roll down. The key is to go out in three strides, not four. Here you go. Walk it out. In three, two, one. Bend your elbows down and up. Uh, one. Elbows go back. Beautiful. And two, squeeze your bottom. And three. And walk it in.

Three, two, one. Roll it up. Good. Take your right leg back behind you. Find your balance and reach out. As you roll down, keep your powerhouse in and walk it out. In three, two, one. Three push ups. Down and up. One, down and up. Two. One more down and up.

Three. So strong. Walk it in. In three, two, one dot now stomach in. Reach out as you come on. Uh, up. Finding your balance. Nice and close that leg. Um, left leg back. And curl yourself forward as you roll down. And walk it out. In 3, 2, 1. Last three pushups.

Toning the arms. Powerhouses. Strong last time. And walk it in. And three. Those are so good. Two and one. Now reach out. I'm here if you need the balance at home. Just do the best you can. Reach out and roll it up. And press down. You made it. Is your heart racing?

Good. It works.