

Welcome. My name is Nicole Smith. I own Cool Love Culture, and I am super excited to help you dive into finding your inner athlete. The concept behind this series is to help every individual that clicks that button decide how much they want to invest in being athletic. Everyone wants to or should strive to be athletic for vitality of life, so this is my way of sharing small, simple steps to building towards your inner athlete.

The goal of this workout series is to actually make you believe in yourself a bit more than you already do. That is always my goal. My goal is to make everyone feel super successful at what they're doing by giving them these tools or sharing the tools that were shared with me through this practice to help them feel strong, um, help them understand their imbalances so that they can take themselves out of pain, and to help them just feel good throughout the day.

Maybe sitting up tall is better, maybe stretching their hamstring is better, but these are the goals that I aim for, is just so that you are more successful. As you work through this series, you will surprise yourself. You will take your practice to levels that you didn't think were attainable as quickly as, as you have done following all of these series back to back.

You will feel more invigorated within the day because you will take the opportunity to replay these and do them again. And if you are teachers or you wanna share the information with family members, you might actually start teaching it because you just enjoyed how it made you feel as well.

This practice is for everyone. It's for everyone to try, it's for everyone to take pieces here and there to grow with, and have the opportunity to see what is next for you in your own personal practice. The Inner Athlete Series came from my understanding of what my personal needs are as I become a seasoned human.

Yeah, as I age, I sometimes am still, uh, given tasks that I would do in my earlier age, you know, of, life, and sometimes I have to warm up differently, you know? Sometimes I have to push myself a little bit harder, and I find that, um, redefining my inner athlete is very important, understanding that if injuries have made their way to me that I have to nurse them but still push myself at the same time.

So leveling all of these, uh, parts of the series on top of each other is so that I can feel as successful as possible in being my inner athlete at the stage I am right now.