Speaker 1: Mechanical sound. Hi, my name is Chaz Knight, and I'm so excited to be here again with Pilatesology for my Core Reset series. We know that strong focus foundational work does not mean easy. It means a strong focus on core principles that are going to help realign and strengthen our bodies. I created this series because life happens. And there are times when my personal practice falls by the wayside. And while I might feel that I can jump back in to where I was when I last practiced, that's not being honest with myself. So I've realized that the foundational exercises are fantastic, but if I really understand the core principles and what I'm looking for, I can pull back and I can slowly layer as I need. And I know that if that's happening for me, it's happening for lots of others out there. There is a population out there that doesn't just want the same 6 or 7 exercises over and over again. They are strong, they're intelligent, and they have a practice that encompasses more than just those 6 or 7 ideas. We're layering advanced exercise patterns, but in a way that are still honoring where our bodies are. If we happen to be recovering from an injury, maybe we're aging with grace, or maybe we're coming back from a long break. And we just want a little variety. The goal of this series is about creating strong sensations that we can hold on to as we advance the movement patterns, never increasing the range or the difficulty so quickly that we lose our powerhouse and that we lean into tension. So the progression is finding the sensations, coming out of them, finding the sensations, holding coming out, and then finally finding the sensation and then moving through flow, maintaining the balance through our musculature. This series is for anybody that wants to get really honest in their practice. Are you holding unnecessary tension where you don't need it? Let it go. Often as we move through the work, we mistake tension in the neck, the jaw, the shoulders for strength, but in reality, that's just holding us back from our true potential. As we move through, there's going to be a strong focus on oblique connection, inner thighs and hamstrings, and how that through line is going to help you maintain balance through your musculature and keep everything even in your body as you move through the exercises. Basic does not mean easy. Basic means the bare minimum that we need to move through the work as it is. These foundational principles don't stop in the basic exercises. They build and they layer. And that's what's going to make you successful as you progress through the intermediate and the advanced levels. Medhanical sound.