

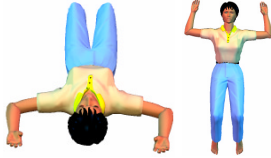
A Fast Way to Strengthen Legs

It doesn't take a lot of time and exercise to create strong legs. All it takes is developing better coordination and control, something that can be done relatively quickly.

THE ESSENCE OF THIS MOVEMENT: synchronizing your control of your groin muscles with those of the backs of your legs

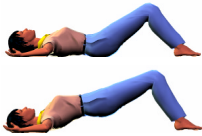


STARTING POSITION: on your back, left knee up and balanced, right knee bent and dropped to the side, arms laid back so your hands are near your ears



1. Bring your right knee up.

Feet are positioned equally from your buttocks.



2. Lift your both hips by pressing down upon your feet.

Your hips are level.



3. Bring your attention to your right hip.

4. Let your right hip sag.

Your knee is upright, foot flat on the surface.

5. Bring your attention to your left hip.

6. Slowly lift it a bit by pressing down on your left foot. Hold this position.

You feel the tension in the back of your legs and buttock.

7. Bring your attention to your right leg.

8. Bring the knee of your right leg near to your left thigh. Squeeze your knee near your thigh.

You feel the tightening of your groin and right inner thigh muscles.

⇒ *TRY THIS!* ⇒ Simultaneously, press down into the surface with your left shoulder. Hold this position

Feel how your left shoulder and right groin reinforce each other. Squeeze them in unison a few times!

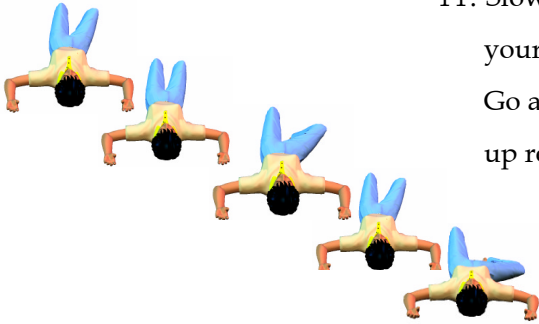
9. Slowly let your weight down onto your *right* side; keep your right leg steady and upright, foot flat on the surface.



10. Now, let your weight down onto your *left* side; keep your right leg steady and upright.



11. Slowly relax your right groin muscles and slowly lay your right knee down sideways; *your knee stays bent*. Go about four inches (4") down, then two inches (2") up repeatedly, until you are all the way down.



12. Tighten your right buttock.

⇒ *TRY THIS!* ⇒ Lift your head to tighten your abdomen.

⇒ *TRY THIS!* ⇒ Look down your thigh at your knee.

13. Relax your neck and head.

You feel your chest and shoulders relax.



14. Relax your buttock.

Now, repeat the entire sequence, keeping your right leg as steady and upright as possible. Continue until you can lower your right leg more smoothly than before.

After you have done one side, stand and notice how one side feels more solid than the other.

After you finish, do the other side.

Now, repeat this movement for the *right* hip and *left* leg (i.e., in reverse).

ADVANCED VARIATION (“search & rescue”):

⇒ *TRY THIS!* ⇒ After you have lowered your **right hip**, slide your **left foot away** from you until you feel a **vulnerable place** in your left low back or buttock region near the waistband. Do the rest of the sequence in that position.



Continue to locate and work in vulnerable positions until they are gone or improved to your satisfaction.

