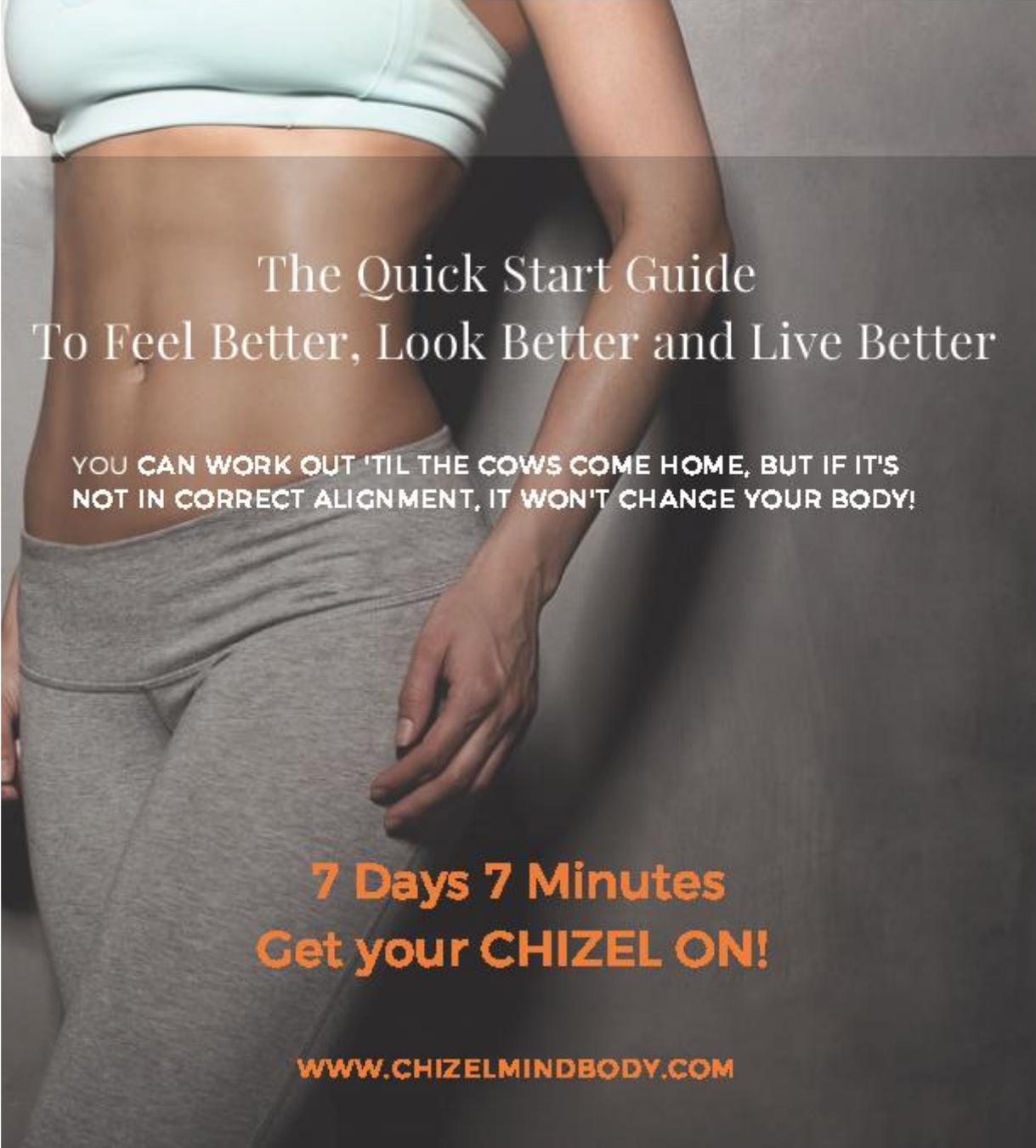


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NOT IN CORRECT ALIGNMENT, IT WON'T CHANGE YOUR BODY!

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7 Days 7 Minutes To Get Your CHIZEL ON!

So happy you are here!

This book is designed to show you what you are really made of ... you are powerful and strong and your body is always seeking wellbeing and vitality! Sometimes, life gets in the way of that feeling but with a bit of patience and the sharpest CHIZEL we know of, you will soon feel lighter, happier, stronger and more like YOU!

The exercises and tools in this book are intended to challenge you. Some will feel easy and some will be a bit more effort but in time, you might find that easy usually means the form is not exactly right. Not to worry ... you can't get it wrong but with mindful focus, you will create a core so strong that the rest of your life will feel easier. Your body will feel lighter and taller and the accomplishment will carry you to the next steps in regaining your health!

As you move through your body, keep the following notion in mind:

- Don't OVER estimate yourself AND NEVER underestimate yourself!
- You can do all of this and if you shake while you do, just know ... IT'S WORKING!!!

And lastly, it's important to say that YOU are your best teacher. Please know the information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website. Never rely on information in this book, on our website or in our videos in place of seeking professional medical advice.

Know that you can and will gain strength!

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Much Love to YOU! Lauren

Lauren@CHIZELMINDBODY.com

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Why Pilates and How Will It Help ...

Pilates started because of a desire for wellness. Joseph Pilates created this method, which now has many versions, to help himself and then others overcome some pretty serious ailments and limitations. In 1912 Joe went to England, where he worked as a self-defense instructor for detectives at Scotland Yard. During WWI, Joe refined his ideas and trained other internees in his system of exercise. He rigged springs to hospital beds, enabling bedridden patients to exercise against resistance, an innovation that led to his later equipment designs. An influenza epidemic struck England in 1918, killing thousands of people, but not a single one of Joe's trainees died. This, he claimed, testified to the effectiveness of his system.

Picture in your mind a traction apparatus in a hospital. That is how Pilates sort of works. You are strengthening your core, no doubt! Another helpful tip is that you recognize the longer the lever, the harder the work! So, if any of the following exercises cause your lower pain or even if you have trouble keeping your lower back on the floor, just shorten the lever by bending your knees! It's all going to work but listen closely to your body ...

if it hurts ... don't do it!

Do these exercises for 7 days. I promise you ... you will feel something! It might be a feeling of being taller, maybe tighter or even a stronger base from which to do more. I hope you feel all 3!

Many of us have been using "stabilizing" muscles to compensate for core weakness and it always results in some sort of pain or stiffness. Pilates can change that! For example, if your hamstring (the muscle in the back of your leg) is tight, it usually means that it has been working way too hard to stabilize your hips. It's not really, it's job and over time it lets you know. It will tighten and shorten and create more back pain than you need. The fix is found in the following exercises. With a stronger core, you really can do MORE!

Our hope is that with this guide, it will be the jump start to feeling good and leave you wanting MORE!

For the next 7 days, it would be a great idea to keep a small "journal" (a book or even an email draft) to track what you eat, how you feel and if there are any areas the feel better. This awareness is crucial to continued success. It is the starting point of mindful fitness and will help you align your body. When we repeat patterns in the body without even knowing it, it becomes more difficult to change it. SO, keep feeling the progress and notice it! It is positive reinforcement and that's AWESOME!

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The TRUTH about Diet ...

It's fact. You are what you eat. SO, you can work out forever and not see results because the building blocks of your body are not up to par with all the goodness you strive for. It's hard to hear but it's true, you can't out train a bad diet.

There are so many diets out there that are just fad, silly, deprivation garbage! The truth is you are you. Period. And only you will know what works for you and what doesn't.

Get ready for a shocker ... I believe that dairy should be the first to go! I can hear you now saying, "I love cheese, ice cream, my morning coffee...say it can't be so". But wait for a second. Think about it.

You are not a cow. Cow's make milk for their babies so they grow big and strong and healthy! That's lovely. In much the same way human's mothers create the perfect health elixir for their babies, cows make really great cow babies! But you are NOT a cow! I believe every human on the planet cannot digest dairy. Some people have less of a reaction, but make no mistake, there is a reaction and it's called "inflammation".

Inflammation is the root of so many diseases, it would be of benefit to you to at least avoid it as much as you can. I say that not as a hard and fast rule, but to bring you an awareness of what goes into your body and pay attention to how it feels. If you love your dairy, then by all means keep it. Make sure it's worth it and you LOVE it and you will be just fine!

Note to self ... **Whey protein is dairy and Vegan protein is best!** Pea and Hemp are great, Rice isn't really because it is a carb base.

Next on the "AVOID" list is sugar. It hides everywhere just like dairy. And Just like dairy it is a major cause of inflammation.

Did you know ...

- Sugar actually makes you hungrier? Yup ... it's empty and therefore your body doesn't get any nutritional benefit and wants more!
- Sugar actually prevents your weight loss by preventing leptin, a weight loss hormone, from working properly. It blocks the signal that we are satisfied and therefore causes more eating!
- Your liver can only process glucose. When glucose levels are full, any other types of sugar will be stored as fat!

Also, keep in mind that sugar hides in salad dressings, condiments, sauces, protein bars, and all sorts of other everyday things.

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Read your labels carefully. Here is a list of trickery so you can choose what you put in your body:

Figure 1. Be careful with the hidden sugars.

<ul style="list-style-type: none">▪ Agave nectar▪ Barley malt▪ Beet sugar▪ Brown rice syrup▪ Brown sugar▪ Buttered sugar▪ Cane crystals▪ Cane juice▪ Cane sugar▪ Caramel▪ Carob syrup▪ Castor sugar▪ Coconut sugar▪ Corn sweetener▪ Corn syrup▪ Corn syrup solids	<ul style="list-style-type: none">▪ Crystalline fructose▪ Date sugar▪ Dextrose▪ Evaporated cane juice▪ Fructose▪ Fruit juice concentrates▪ Glucose▪ High-fructose corn syrup▪ Honey▪ Invert sugar▪ Lactose▪ Maltose▪ Malt syrup▪ Molasses▪ Muscovado sugar▪ Raw sugar	<ul style="list-style-type: none">▪ Rice bran syrup▪ Rice syrup▪ Sorghum▪ Sucrose▪ Sugar▪ Syrup▪ Turbinado sugar ▪ These are all SUGARS and should be treated as hostile.
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7 Days 7 Minutes To Get Your CHIZEL ON!

Food Combining counts!

It's pretty important to understand that we all need different forms of protein, good fats and carbohydrates. Usually people ask, "what should I eat?". The answer will vary from person to person but there are a few ways to combine your food to avoid the feeling of bloating and heaviness.

Memorize this:

- Protein + Veggies
- Protein + veggies + fats
- Carbohydrate doesn't mix well with Protein! (try not to mix bread or rice or potato and protein)

Think about how you feel after a big juicy burger (or if you are vegan, bread and your favorite veggie tofu burger). Usually we have it with some rocking fries, maybe cheese and maybe even some sweet thing for dessert. That ends up being way more than the enzymes in your body can handle at one sitting. Individually, none are that terrible, but when they are all combined together, your body secretes different enzymes that will break down your food. It turns into a stall as some of the acids are basic and some are acidic, and when they combine ... it becomes neutral. It sits in your system and all functions in your body are diminished until the food is digested. Hence, the sluggish feeling and lots of bloating.

When you eat "clean" and combine properly, your body will assimilate and digest more easily with less effort. Try it for a week and see how you feel!

Some examples are:

- Quinoa veggie bowl
- Chia, almond, protein power breakfast
- Scrambled egg and sweet potato hash
- Grilled chicken over greens with tomato and artichoke hearts
- Salmon (or steak) with grilled veggies
- Turkey sausage omelet (made with ghee or olive oil)

There are many wonderful combinations, just be aware of what you put together!

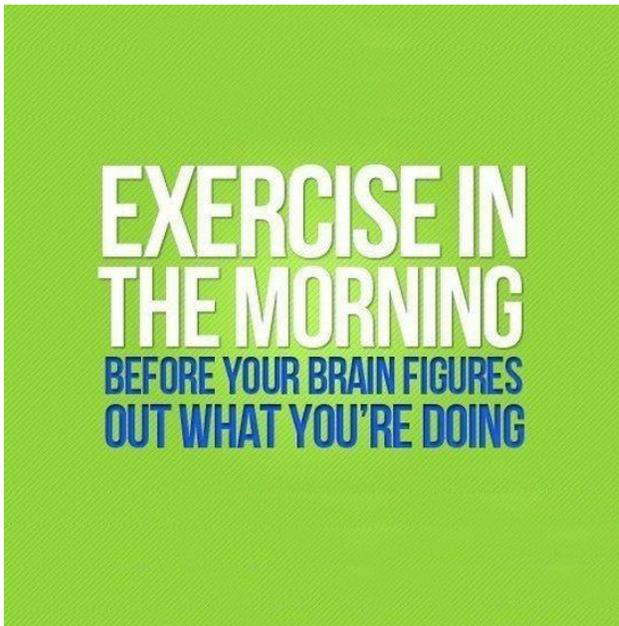
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The Daily 7 ...

Here is where the fun starts! Do these exercises for 7 minutes each day for 7 days and you will begin to feel results! With diet and movement, your body will respond and you will absolutely feel the results! And on day 8, KEEP GOING! Add 2 exercises, then 3, then 4 and so on ... Each day you add an exercise, always start with 1 minute of the 100 and any previous exercise for 3 minutes and before you know it ... You GOT YOUR CHIZEL ON!!!

Making major changes in your diet and your routine can sometimes be a set up for failure! Each time you get on your mat, just do the best you can that day! Some days will be a breeze, and some days you may not want to do anything or get busy. Try to do it anyway! It's just 7 minutes. This guide is designed to ease you into a routine without giving up too much or pushing so hard that it's not fun anymore.

You know you can, so do we!



A little hint ... it's been studied and proven. Your body will benefit greatly from early morning workouts. We get it ... sometimes that's just not possible. So, don't worry if you can't but it's pretty true that if you do it before your day gets really going, you will be sure it's DONE! Plus, you will feel better throughout the day!

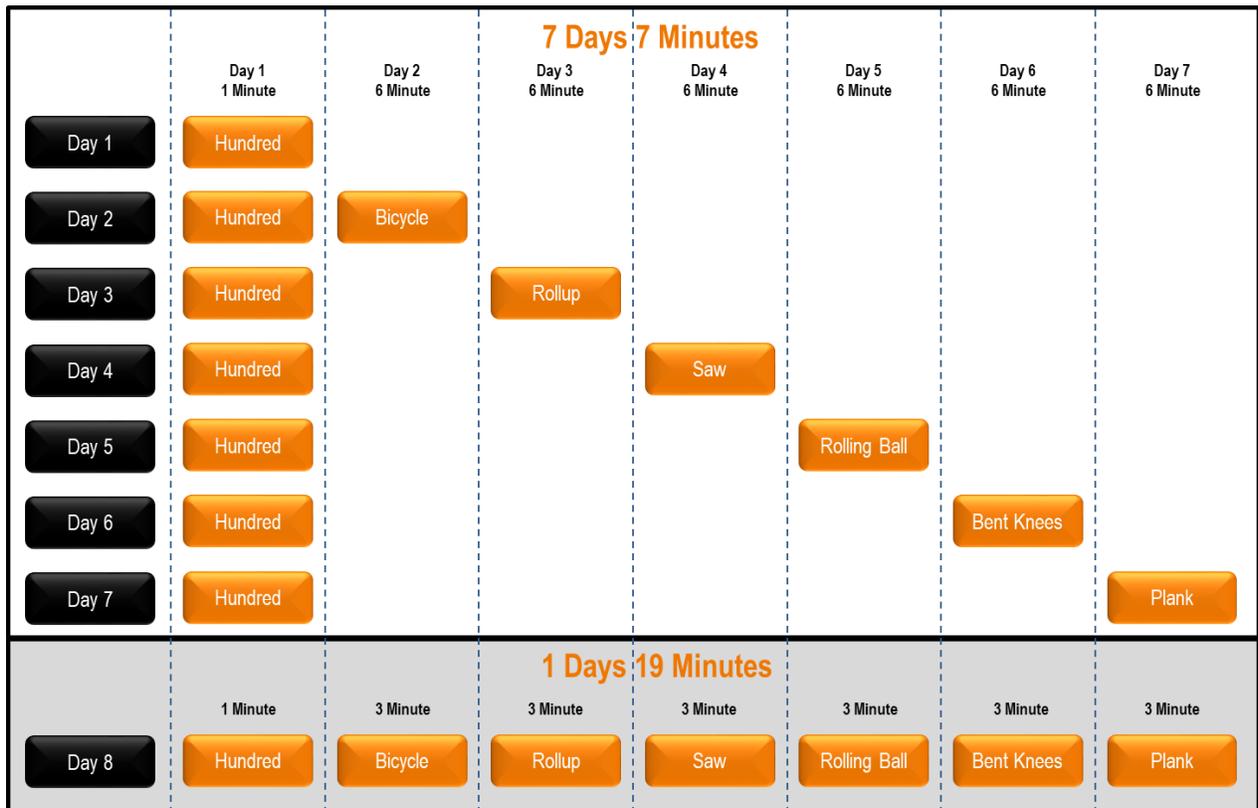
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You can do anything for 7 days and 7 minutes!

The 7 exercises we perform and the recommended sequence for their execution are shown in Figure 2. The exercises are:

1. The Hundred
2. Bicycles
3. The Roll Up
4. The Saw
5. Rolling Like A Ball
6. Roll Up with Bent Knees
7. Planks for Serious Strength

Figure 2. 7 Day 7 Minute Plan



7 Days 7 Minutes To Get Your CHIZEL ON!

Day 1 The Hundred ...

The Why

This is the warm up to rev the engine. It entails a solid focus on the powerhouse. Pretty simple, huh? The sole purpose is to begin to identify the center of your body.

The How

1. Lie on your mat with your head down and knees directly above your hips. It's super important to have your knees right over your hips, as in a 90-degree angle. Here is why - if your knees are too close to your chest, the abdominal will not be used fully and if your knees are too far away, even slightly, it places more load in the hip flexors.
2. Reach your arms past your thighs, fully engaging the arm actively (this will give your triceps a boost too). Quickly move your arms up and down about 2 inches. That's it. That's all you do. The breathing is in through your nose and out through your mouth. If you are feeling strong, raise your shoulder blades up from the floor. Notice the space between your chin and your chest to place more load in the core and not as much strain in the neck. Beat your arms 100 times. Or if you are not a "counter" like me, just listen to the music and get about 2 minutes into a song.
3. When 100 reps are complete, pull your knees into your chest and relax, roll around do what feels good.

Next, onto the Bicycle ...

7 Days 7 Minutes To Get Your CHIZEL ON!

Day 2 Bicycle ...

These ones are not your typical bicycles, nope, not at all.

The Why

In order to fully incorporate all 4 layers of your core, its super important to think of these like the most precise CHIZEL you have. This one uses it all, shoulders to mid-thigh and will set the stability of your core right out of the shoot!

The How

1. Lie on your back. Bring your knees above your hips (90 degrees, right?). Then place your fingers tips behind your ears. This prevents the temptation to pull on your neck. Your neck doesn't like that very much.
2. Send your right leg out straight to a 45-degree angle from your body, toes pointed, leg super strong. Lift your Right shoulder towards you Left knee. Hold that for 8 counts. Switch legs, making sure to place the right knee back over your hip. It's tempting to pull your knee closer to your chest but that doesn't get the best CHIZEL. Do these 4 times on each side. Don't forget your breath! Inhale when the knee draws back and exhale when you send your toe to the wall in front of you. Hint: Think about sticking your toes on the wall, this will help lengthen the leg and get that elongating feeling.
3. Double Bicycle - after 4 "holds" on each side, for 32 counts, double Bike on each side. Note: the second lift is intentionally higher than the first. Inhale on the switch and exhale on the leg extension. Take note of both hip bones on the floor with each switch. Lift the shoulder blade to ensure the openness of your chest. Be sure to BREATHE!
4. Hang in there ... last round of single bicycles. 16 reps with even more concertation, focusing on sticking your toe in the wall and really engaging your quad (top of your thigh). Great job! Pull your knees to your chest and use the next minute to feel which parts of your body need your attention, maybe roll around of take "happy baby" to release your hips. This is a great time to feel around and send some breath to wherever your body needs some extra relaxation.

Onto the Roll Up!

7 Days 7 Minutes To Get Your CHIZEL ON!

Day 3 The Roll Up ...

The Why

The Roll Up - This one is really fun! It is the way to discover where there may be some areas of muscle weakness and therefore potential injury. It works both the front of your body and the back of the body completely at the same time. The coolest part though is no matter how well you do it, it is ALWAYS working and ALWAYS giving you more strength and more space, even when it feels like it's just not working.

Here's how to start

1. Lie all the way flat on your back. Tip your hips slightly towards your chest. Another way to feel it is as if you are zipping up tight jeans. Extend your feet straight in front of you and bring your feet together. Flex your feet. Draw your arms over your head and bring your straight arms by your ears. (this is key).
2. Push your shoulders in to your back pockets and INHALE as you each up to the ceiling ... EXHALE to touch your feet (keep your arms by your ears), INHALE using your core arms up to the ceiling and EXHALE as you lay your spine, one bone at a time, back down to the floor.

Note: In reading it, it seems pretty easy. It's not. All sorts of things will happen most of the time. For one, the arms usually get "thrown" first, which is just momentum. Second, the feet usually come off the ground. There could also be a thud as you bring yourself back down. All of these things are fabulous ... because that means you have become aware of where you can improve! And you just watch ... you will by the end of this course. That is a promise!

Modifications

1. If your arms just keep going first, just cross your arms across your chest. This makes the lever shorter, which will make the movement easier. Even if that is too intense, just use your hands to walk yourself up. Even with this modification, YOU ARE STILL developing your core.
2. BE SURE TO BREATHE! Anytime it gets a bit choppy, it is usually because you have stopped breathing, which is really normal! Our brains tell us to hold our breath for impact. This is not different. You are asking your body to do something it has never done, and is kind of "scared". So, we hold our breath and push through with force. The power of your breath is so much more powerful than force. So, breathe! Fully with each part of the movement. Inhale up, Exhale over, Inhale up and Exhale one bone at a time.

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Day 4 The Saw ...

The Why

The Saw is a doozy! But in a great way! It challenges so many layers of muscle coordination and integration while at the very same time allows for the amazing lengthening and stretching that makes you feel like you grew a whole inch! Think about it, this one will use all 4 layers of your core in all of the ways you use them each and every day!

The How

1. Sit with your legs straight in front of you. Sit as tall as you can. Hint: pull your belly in to your spine, as if you are sitting straight up against a wall. Separate your feet about 3 inches past your hips. Send your arms out to the side, thumbs up to the ceiling and fingers reaching actively outward. Just this could be enough. However, if you are ready ... lift your chest on an INHALE ... and as you EXHALE, reach your straight right arm past your pinky toe of your left leg and saw it off THREE times. INHALE return to the center and then EXHALE your left arm to saw off your pinky toe on the right. Repeat these 8 times on each side. If you move slowly you will feel all of your muscles begin to work together.

A few things to keep in mind ...

1. Keep your spine long and tall. Even if means you don't quite reach your toe yet. It's still working!
2. Feel both hip bones on the floor equally. It's tempting to lift one side to compensate for your reach. So ... if that happens, just don't reach so far just yet. Know that with each saw you are getting more muscle and more stretching and in time you will amaze yourself at your core strength and longer reach!
3. Your shoulder position is super important too. Many times, we round the spine and let the back shoulder drop a bit. Think about rolling your shoulder back and get "stacked". This will stretch your chest and give you more shoulder freedom, not to mention release any shoulder or neck pain that has become a pattern. The Saw takes the patterns out and create the spine alignment that creates ease!

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Day 5 Rolling Like A Ball ...

The Why

Rolling like a ball gets to the inner most layer of your core. It's the transverse abdominal wall. It's the one that is the foundation of all others. It also happens to be the reason for "belly pooch". Once you get the hang of it, it will feel great and you will find an inner strength that will be essential for your progression through this practice. Most people haven't experienced those muscles working really well. It's like they haven't even found the connection, not because it's not there ... it's because there hasn't been a focus put on it. This one does that so very well!

The How

Starting on your back, in a tiny ball. Bring your knees as close to your chest as possible. Then, bring your heels as close to you as possible (this is really important). Wrap your hand around your knees, or your ankles, this is a great way to keep them close. Tuck your chin and inhale. On your exhale, use the inner most layers of your core to roll up onto your sit bones. Ideally keeping your toes off the floor. On the next inhale, with your spine rounded and abs scooped, roll back to the base of your neck allowing your tail bone to rise from the floor.

A few things to bring into focus

1. Keep your spine round. If you have that "flop" or flat back on the floor, this won't be as effective.
2. Keep your heels close! When your heels kick out from you, that brings momentum. We love momentum but in this case, you want to control it with your core.
3. The first few times it's very normal to hurl yourself up and land on your feet. That's the indicator of momentum. So, go slow and KNOW no matter what, it's working. Keep pulling your belly button to your spine and round your back.

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Day 6 Roll Up with Bent Knees ...

The Why

The previous sections have set the stage. This one just turns up the volume. It is designed to bring more focus to how much we rely on "counter balance". Your brain is so smart it will act on your behalf each time. The active rolling up and rolling all the way down will bring instant strength and increase the muscles that support your spine.

The How

Lie on your back. Place your feet hip width apart. Be sure they are straight. Place your arms over your head, biceps by your ears (remember that one?).

Inhale and rise up to touch the ceiling keeping your chest open, then exhale as you reach through your knees. Inhale up again, arms still by your ears, and allow your spine to roll down to the ground one bone at a time. Think dominoes. Repeat slowly 12 times.

A few things to focus on

1. Watch your arms. You can hold an object, like a ball, between your hands and make sure you are not able to see the ball on the way up, or down.
2. Most likely, your feet will come up from the floor. This is so normal! Your job is to push your feet into the ground. It will allow you to use more muscles and require more core activation. Even if you are not able to accomplish it perfectly, keep going, smile and know it's working.

Advancing the Roll

1. Send your right leg out to a 45-degree angle. It helps to have a ball between your knees. It is super important that your knees stay in alignment. It will want to drop below the bent knee. Remember, counter balance. Repeat 10 times on each leg.
2. Power yourself up by taking both legs off the ground. Send them out straight to 45 degrees, or, bend your knees but keep them off the floor. This is the beginning of Boat which takes huge strength ... and you just got there!

7 Days 7 Minutes To Get Your CHIZEL ON!

Day 7 Planks for Serious Strength ...

The Why

The Plank is one of the best exercises for a stronger core ... just make sure you are aligned!

Here's how

This one seems pretty simple, but with a few tweaks it can really bring a ton of core strength ... so ... in your plank think about the following ...

1. Place your hands (or elbows) DIRECTLY under your shoulders so they are stacked. Then push through your heels to get the weight equally balanced and originating from your core.
2. Draw your belly up to the ceiling and pull your knee caps up to your hips. This will activate your quads and use more of your core!
3. Stay here for 30 seconds to start. Take a 1-minute break and REPEAT 5 times challenging yourself to hold the plank for 1 minute each time. Be sure to breathe fully in through your nose and fully (long) out through your mouth. Usually it's about 10 breaths in a minute so you have something to focus upon.

No worries if you get to 30 seconds and that's it for the day. Try again later today.

Think about it ... if you took the 7 minutes that you take on FB looking at others photos, pins whatever ... you would be WELL on your way to posting your own CHIZEL!

7 Days 7 Minutes To Get Your CHIZEL ON!

YOU DID IT! ...

You have primed your body for better alignment and now it's time to really turn up the volume a bit! With each new exercise you will be adding more layers of core strength!

Please make sure you have joined the FB group specific to people just like you! It's a place to share triumphs and gain support. It's also a place where you can get your questions answered and be inspired to change it up now and then.

Click here to join!

Get ready for more videos and the NEXT LEVEL ... The 18-day challenge! You are ready! In the meantime, keep these two ditties' in mind and keep using the previous 7 exercises to stay strong!

On day 8, now that you have mastered the previous 7 core strengthening exercises, do each one for 3 minutes in order, and now you have a **21 Minute full body work** out that will keep you strong and ready for even more challenging stuff! No worries, each time you do them, **YOU WILL BE STRONGER!**

Reach for 21 minutes of your day and the other 23 hours and 39 minutes of each day will be better and better!

