



THE SEVEN STEPS TO WILLPOWER™

## **The Seven Steps to WillPower™** **stacey lei krauss**

For thousands of years, The Five Tibetan Rites have been reputed to spin the chakras and stimulate the endocrine system. The Seven Steps to WillPower™ takes the Rites to the next level and will change your students' bodies from the inside out. These exercises, repeated daily, along with strong, directive affirmations are the perfect way to begin each day, Don't have time for a full workout? No worries, The Seven Steps only take 15 minutes; they're perfect for personal trainers who want to integrate mind-body-spirit techniques into programming.

- I. The Five Tibetan Rites
- II. Blending Tradition with Development & Function
  - A. Who are The Seven Steps for? / Using the program successfully
    - o Programming strategies for Group Fitness Managers
    - o Marketing tips for Group Fitness Instructors: for the masses
    - o Tips for Personal Trainers: a tried and true homework assignment
  - B. Developing a beloved tradition: 2 additional steps
- III. Setting intention and getting grounded: establishing willPower
  - A. Power Stance
  - B. Breath
  - C. Mantra / Affirmation
- IV. Seven Steps to WillPower™
  - 1) Plank  
Benefits:
    - Strength & endurance: core, shoulders, hands & wrists
    - Stabilization & balance
    - Mental preparedness
  - 2) Wind  
Benefits
    - Stability training
    - Vestibular training
    - Fun factor (?)
  - 3) Rooting  
Benefits
    - Core strength & endurance
    - Neck strength
    - Circulation at cervical spine
    - Hamstring flexibility
  - 4) Morning Glory  
Benefits
    - Spinal extension
    - Core stability
    - Vestibular Training
    - Chest & Abdominal Flexibility
    - Pumps Cerebral Spinal Fluid
    - Releases Adrenaline
  - 5) Twisting Vine  
Benefits



THE SEVEN STEPS TO WILLPOWER™

Spinal Rotation  
Hamstring flexibility

6) Rising Lava

Benefits

Gluteal & hamstring strength  
Core strength & stability  
Arm strength & endurance  
Neck flexibility  
Slight backbend benefits  
Shoulder flexibility

7) Waves

Benefits

Slight inversion benefits  
Flexibility & strength:  
shoulders, hamstrings, calves, arches, hands, full spine, abdominals

V. Teaching Tools

- A. Modification
- B. Progression

VI. Using The Seven Steps with Success

- C. Programming strategies for Group Fitness Managers
- D. Marketing tips for Group Fitness Instructors: for the masses
- E. Tips for Personal Trainers: a tried and true homework assignment

[www.willPowerFit.com](http://www.willPowerFit.com)

contact stacey lei for in-club workshops and training  
stacey@staceylei.com