

Qi Gong

For Weight Loss™

with Lee Holden

Take this pocket guide with you, and use it as a reminder when a DVD player is not available.

EXERCISE GUIDELINES

Congratulations! You're about to experience new levels of health, energy, and relaxation! This routine involves gentle flowing movements drawn from Qi Gong practices dating back thousands of years. While it's a safe, low-stress routine, not all exercises are suitable for everyone. To get the most out of your routine, we suggest the following:

- Before doing the *Qi Gong* routine(s), watch the entire DVD all the way through. Lee has broken down each routine step-by-step for you.
- Wear comfortable, loose clothing that allows you to move freely.
- Don't exercise on a full stomach; wait at least 30 minutes after eating before doing this routine.
- There should never be any pain or discomfort during the routine. If any of the movements hurt or are uncomfortable, **STOP**. Remember, this isn't a competition. Listen to your body!

**ALWAYS TALK TO YOUR DOCTOR BEFORE
BEGINNING ANY NEW EXERCISE PROGRAM**

Lee's Sequence of Movements

Standing

1. Deep Abdominal Breathing

Brings circulation to the internal organs, increases energy, and facilitates digestion.

2. Fanning the Fire Breathing

Increases digestive fire and boosts metabolism.

3-4. Abdominal Massage - Circles & Knocking

Increases circulation to & clears toxicity in organs, soothes digestion, boosts metabolism.

5. Arm Swings

Invigorates the body, increases circulation, and warms up internal energy.

6. Shaking

Clears stress and tension. Promotes the smooth flow of energy in the body. Relaxes the internal organs.

7. Tiger

Tones and strengthens the legs, hips, buttocks, and back. Boosts metabolism.

8. Turtle

Strengthens the legs, hips, buttocks, and back. Boosts metabolism. Increases internal energy.

* 9. Wide-Leg Weight Shift

Strength, flexibility, and circulation in legs & hips.

* 10. Lunge and Flow

A dynamic exercise for strength and flexibility. Increases energy and boosts metabolism by strengthening the largest muscles in the body (buttocks, quadriceps, hamstrings).

11. Earth Flow

Flowing movement to strengthen digestive energy.

12. Wrist Cross Flow

Clears stress and creates internal balance.

13-14. Swimming Dragon & Pebble in the Pond

Brings energy into the digestive organs, opens the hips, and creates a feeling of being centered.

15. Centering

Integrates effects of all the exercises into the body. Creates a feeling of inner balance.

Lying Face-Up

1. Deep Abdominal Breathing

Brings circulation to the internal organs, increases energy, facilitates digestion.

2. Breathing into the Ribs

Opens diaphragm for deeper breathing. Circulates energy to liver, gall bladder, stomach, and spleen.

3. Hug Both Knees into the Chest

Stretches the low back and massages the internal organs.

4. Core: Right Leg Up / Left Leg Up / Both Legs Up *

Strengthens core and builds energy in abdomen.

5. Twist

Opens rib cage and spine. Circulation to internal organs.

6. Core Twist / Core Twist Legs Out *

Strengthens low back, psoas muscle, core, and digestion.

7. Hug One Knee, Lift the Head

Creates opening through the hips. Brings circulation and energy to the organs.

8. Bridge

Strengthens the low back, hips, buttocks, and legs. Boosts metabolism.

9-10. Leg Circles / Pulling the Bow *

Strengthens the core and boosts metabolism.

11. Bicycle & Advanced Bicycle *

Strengthens the core and abdominal muscles. Boosts metabolism.

* Not in Beginner's Routine

Lee's Sequence of Movements (continued)

Lying Face-Down

- 1. Dolphin**
Strengthens the low back and kidneys. Increases energy.
 - * **2. Tai Chi Push-Up**
Strengthens the upper body and arms. Builds muscle.
 - 3. Child's Pose**
Clears stress and tension.
 - 4. Dog Wagging the Tail**
Opens the joints through the spine. Brings energy and circulation to the internal organs.
 - 5. Cobra**
Opens the spine. Clears tension from the abdomen and brings circulation to the internal organs.
 - * **6. The Mountain (Downward Dog in Yoga)**
Strengthens the upper body and arms. Enhances the body's metabolism by building muscle in the upper body.
 - 7. Cat Tuck / Dog Pose**
Stretches spine and opens upper body.
 - * **8. Dog Pose with Leg Extension**
Builds core strength and stronger back muscles. Boosts metabolism.
 - * **9. The Mountain with Leg Extension**
Builds upper body strength and core strength. Provides overall body conditioning and boosts metabolism
- * Not in Beginner's Routine.