



THE SEVEN STEPS TO WILLPOWER™

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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 and Mainstream Marketing

- 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. Using The Seven Steps with Success

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

IV. Setting intention and getting grounded: establishing your willPower

- A. Power Stance
- B. Breath
- C. Mantra / Affirmation

V. 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



THE SEVEN STEPS TO WILLPOWER™

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

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

VI. Teaching Tools

- D. Modification
- E. Progression

SEVEN STEPS TO WILLPOWER  
DVD available at willPower booth  
and  
online at [www.willPowerFit.com](http://www.willPowerFit.com)