

WEBVTT

NOTE duration:"00:15:38.4000000"

NOTE language:en-us

NOTE Confidence: 0.7605377

00:00:08.870 --> 00:00:12.140 Hello, my name is Bill Belichick. Hola

NOTE Confidence: 0.73750025

00:00:12.140 --> 00:00:13.520 mean hombres. Bill Bannock.

NOTE Confidence: 0.91144925

00:00:15.120 --> 00:00:18.132 I'm going to give you an

NOTE Confidence: 0.91144925

00:00:18.132 --> 00:00:20.140 introduction to Chicago today.

NOTE Confidence: 0.5618952

00:00:21.380 --> 00:00:24.880 Omaha that list. Eagle boy

NOTE Confidence: 0.82294905

00:00:26.270 --> 00:00:30.190 we're going to do some warmups first. Also.

NOTE Confidence: 0.80314416

00:00:33.010 --> 00:00:36.042 And then we'll do the first three postures

NOTE Confidence: 0.80314416

00:00:36.042 --> 00:00:38.888 of being Biogen or standing cheaper.

NOTE Confidence: 0.5786968

00:00:42.550 --> 00:00:44.500 They they pouch in Chico.

NOTE Confidence: 0.78728855

00:00:47.330 --> 00:00:50.058 We will begin by standing with our feet

NOTE Confidence: 0.78728855

00:00:50.058 --> 00:00:52.990 and with distance apart. Sorry pal.

NOTE Confidence: 0.7605488

00:00:57.010 --> 00:01:01.740 Mining out the shoulders, hips indeed. No

NOTE Confidence: 0.55773693

00:01:01.740 --> 00:01:03.720 haha linear cone low.

NOTE Confidence: 0.78622377

00:01:05.090 --> 00:01:06.614 Top of the head and top

NOTE Confidence: 0.78622377
00:01:06.614 --> 00:01:08.210 of the spine and lifting.
NOTE Confidence: 0.27198628
00:01:10.840 --> 00:01:16.200 Visa. Yeah. Tailbone
NOTE Confidence: 0.27198628
00:01:16.200 --> 00:01:19.529 settling Kocsis Lottie ones.
NOTE Confidence: 0.90295196
00:01:21.620 --> 00:01:25.310 Well, first turn head from side to side. He
NOTE Confidence: 0.69527787
00:01:25.310 --> 00:01:26.690 made a one more harm over
NOTE Confidence: 0.69527787
00:01:26.690 --> 00:01:27.890 like a visa bill now.
NOTE Confidence: 0.8971329
00:01:55.770 --> 00:01:58.930 That will raise and lower the chip. The
NOTE Confidence: 0.7045326
00:01:58.930 --> 00:02:01.464 waiver, almost all of Ontario Huddle Benton.
NOTE Confidence: 0.7738011
00:02:25.310 --> 00:02:27.680 That will take their head from
NOTE Confidence: 0.7738011
00:02:27.680 --> 00:02:30.289 one shoulder to the other woman.
NOTE Confidence: 0.7738011
00:02:30.290 --> 00:02:33.779 Out. Remember alot alumbra?
NOTE Confidence: 0.66437095
00:02:52.290 --> 00:02:54.936 Now roll our shoulders around in circles.
NOTE Confidence: 0.6599573
00:02:56.300 --> 00:02:59.387 I said sit close coin collector Santos.
NOTE Confidence: 0.84240675
00:03:14.310 --> 00:03:16.470 Anne will do that in the other direction.
NOTE Confidence: 0.58859867
00:03:19.390 --> 00:03:19.960 Direction.
NOTE Confidence: 0.60941344

00:03:35.000 --> 00:03:38.410 Now raise your arms up. 7:30
NOTE Confidence: 0.80115885

00:03:40.880 --> 00:03:43.085 It will come up to the toes,
NOTE Confidence: 0.80115885

00:03:43.090 --> 00:03:44.670 and then back down again,
NOTE Confidence: 0.80115885

00:03:44.670 --> 00:03:47.198 even though he has yellow stains in Hospice.
NOTE Confidence: 0.81402

00:04:04.880 --> 00:04:06.566 Now we're going to turn our
NOTE Confidence: 0.81402

00:04:06.566 --> 00:04:08.060 waste from side to side.
NOTE Confidence: 0.77479804

00:04:11.570 --> 00:04:12.250 Restaurants in.
NOTE Confidence: 0.735428

00:04:16.290 --> 00:04:19.706 We'll let the hands and arms swing freely.
NOTE Confidence: 0.5545057

00:04:21.260 --> 00:04:25.320 Ghetto smartness say balancing liberamente
NOTE Confidence: 0.77371913

00:04:26.480 --> 00:04:28.270 and by bending the elbows
NOTE Confidence: 0.77371913

00:04:28.270 --> 00:04:30.430 will guide the hands to tap.
NOTE Confidence: 0.63864946

00:04:33.520 --> 00:04:35.425 Mr. Glass Obama harder not
NOTE Confidence: 0.63864946

00:04:35.425 --> 00:04:36.568 picking with visitors.
NOTE Confidence: 0.86445606

00:04:37.870 --> 00:04:40.576 In the front between chest instructor.
NOTE Confidence: 0.67588186

00:04:41.990 --> 00:04:46.057 Ask your friend the interest to Somers.
NOTE Confidence: 0.87016624

00:04:47.080 --> 00:04:51.000 In the back at the lower diversity. Ian

NOTE Confidence: 0.65124846
00:04:51.000 --> 00:04:52.768 apart area transport love
NOTE Confidence: 0.65124846
00:04:52.768 --> 00:04:54.094 party in Philadelphia.
NOTE Confidence: 0.5125601
00:05:06.520 --> 00:05:07.970 Now will circle the hips.
NOTE Confidence: 0.38494784
00:05:10.200 --> 00:05:11.080 West Rusk
NOTE Confidence: 0.84306306
00:05:24.300 --> 00:05:26.568 he will do that in the
NOTE Confidence: 0.84306306
00:05:26.568 --> 00:05:27.880 other direction. Anymore.
NOTE Confidence: 0.72581047
00:05:39.900 --> 00:05:42.705 Will bring the feet together
NOTE Confidence: 0.72581047
00:05:42.705 --> 00:05:46.250 ellenis together. My suspicion?
NOTE Confidence: 0.72581047
00:05:46.250 --> 00:05:50.710 Animal Circle Denise In Boston Tartness.
NOTE Confidence: 0.5921639
00:05:52.900 --> 00:05:53.788 And actually, yes.
NOTE Confidence: 0.8206987
00:06:03.010 --> 00:06:04.818 They will do that in the other direction.
NOTE Confidence: 0.4882328
00:06:07.110 --> 00:06:07.680 Direction.
NOTE Confidence: 0.572865428
00:06:15.160 --> 00:06:17.584 Will suffering defeat again?
NOTE Confidence: 0.572865428
00:06:17.584 --> 00:06:21.170 Boy Mosebar atmospheres. Skip to
NOTE Confidence: 0.572865428
00:06:21.170 --> 00:06:24.210 the left and the right for death by
NOTE Confidence: 0.74326885

00:06:24.210 --> 00:06:28.150 Mohamed El Paso. And the other two.
NOTE Confidence: 0.8830981

00:06:29.000 --> 00:06:31.058 Let's to heal and will circle
NOTE Confidence: 0.8830981

00:06:31.058 --> 00:06:33.428 around on the ball of the flood.
NOTE Confidence: 0.8830981

00:06:33.430 --> 00:06:36.758 Levanta. Unless it comes.
NOTE Confidence: 0.9363337

00:06:42.580 --> 00:06:46.010 He will do that in the other direction. Ivan
NOTE Confidence: 0.63663256

00:06:46.010 --> 00:06:47.970 was certainly a sellout reduction.
NOTE Confidence: 0.89148307

00:06:53.010 --> 00:06:55.460 Will do the same thing on the
NOTE Confidence: 0.89148307

00:06:55.460 --> 00:06:56.649 other side. Show me more.
NOTE Confidence: 0.774890452

00:07:03.350 --> 00:07:05.869 In the other direction. As you're not ready.
NOTE Confidence: 0.70898396

00:07:15.190 --> 00:07:17.150 The first posture of the
NOTE Confidence: 0.70898396

00:07:17.150 --> 00:07:19.110 cheat on lovely made up.
NOTE Confidence: 0.6778593

00:07:22.440 --> 00:07:23.612 Will stretch your arms
NOTE Confidence: 0.6778593

00:07:23.612 --> 00:07:27.220 out to the sides by more.
NOTE Confidence: 0.6778593

00:07:27.220 --> 00:07:32.068 Klaus, who bring the arms forward.
NOTE Confidence: 0.6778593

00:07:32.070 --> 00:07:35.234 Atlanta. Who cross the right
NOTE Confidence: 0.6778593

00:07:35.234 --> 00:07:37.390 wrist over the left? Also.

NOTE Confidence: 0.77945447
00:07:40.820 --> 00:07:46.570 In order to open up the back. Did Mr spell?
NOTE Confidence: 0.77945447
00:07:46.570 --> 00:07:49.020 Will press the elbows and wrists away.
NOTE Confidence: 0.71651196
00:07:50.560 --> 00:07:51.220 Operation.
NOTE Confidence: 0.37096038
00:07:53.430 --> 00:07:54.720 Monica, Sasha.
NOTE Confidence: 0.82681787
00:07:56.020 --> 00:07:57.928 Bringing the fingers toward
NOTE Confidence: 0.82681787
00:07:57.928 --> 00:07:59.836 us up into separate.
NOTE Confidence: 0.27350217
00:08:02.180 --> 00:08:03.470 Acia, nosotros.
NOTE Confidence: 0.7048842
00:08:05.930 --> 00:08:07.886 Back toward us where we taped.
NOTE Confidence: 0.41187003
00:08:10.520 --> 00:08:15.490 Good pianos. Forward.
NOTE Confidence: 0.41187003
00:08:15.490 --> 00:08:17.359 After they landed.
NOTE Confidence: 0.41187003
00:08:17.360 --> 00:08:19.631 Crossing leftist overwrite.
NOTE Confidence: 0.41187003
00:08:19.631 --> 00:08:23.450 Goodwill Sand Hola.
NOTE Confidence: 0.61352
00:08:23.450 --> 00:08:23.909 Yeah, that's uh.
NOTE Confidence: 0.82205206
00:08:25.410 --> 00:08:27.276 The same thing on this side,
NOTE Confidence: 0.82205206
00:08:27.280 --> 00:08:28.830 fingers down toward us enough.
NOTE Confidence: 0.6830778

00:08:30.170 --> 00:08:33.730 Nice morning, still alone.
NOTE Confidence: 0.6830778

00:08:33.730 --> 00:08:38.160 Safeway. After list. Ask.
NOTE Confidence: 0.8210274

00:08:39.780 --> 00:08:42.920 Out to the side. Mom
NOTE Confidence: 0.7039905

00:08:42.920 --> 00:08:44.500 has your friend's yellow Flowers.
NOTE Confidence: 0.83776695

00:08:45.470 --> 00:08:47.876 Ford crossing right wrist over left.
NOTE Confidence: 0.7361897

00:08:48.700 --> 00:08:50.890 Wait, let me guess your friend,
NOTE Confidence: 0.7361897

00:08:50.890 --> 00:08:53.080 the gross and just really scared.
NOTE Confidence: 0.58474565

00:08:54.170 --> 00:08:56.900 Fingers down toward listen up.
NOTE Confidence: 0.58474565

00:08:56.900 --> 00:08:59.078 No sale has Yahoo.
NOTE Confidence: 0.6558461

00:09:02.140 --> 00:09:06.050 Hello. He therefore never meant a
NOTE Confidence: 0.6558461

00:09:06.050 --> 00:09:12.620 Casio nosotras. Up RC Arriba. Forward.
NOTE Confidence: 0.5621016

00:09:12.620 --> 00:09:13.688 I see other lanky
NOTE Confidence: 0.6843108

00:09:14.450 --> 00:09:17.018 crossing left, wrist over right now.
NOTE Confidence: 0.617721

00:09:18.550 --> 00:09:19.718 Number Merica is scared.
NOTE Confidence: 0.66095906

00:09:21.240 --> 00:09:23.040 Fingers down Morrison up.
NOTE Confidence: 0.6795417

00:09:23.990 --> 00:09:27.995 They also Osceola Horse Arena. Back

NOTE Confidence: 0.6795417
00:09:27.995 --> 00:09:30.390 tortoise. Even though we lost by myself.
NOTE Confidence: 0.49302527
00:09:31.950 --> 00:09:32.380 Yeah.
NOTE Confidence: 0.7574963
00:09:35.040 --> 00:09:36.810 Will do that two more times.
NOTE Confidence: 0.493968
00:09:39.210 --> 00:09:39.530 Yes.
NOTE Confidence: 0.7785699
00:10:34.170 --> 00:10:35.490 The second exercise.
NOTE Confidence: 0.759119
00:10:36.280 --> 00:10:37.477 I said I want to see you.
NOTE Confidence: 0.7566219
00:10:39.060 --> 00:10:40.310 Right arm goes out enough,
NOTE Confidence: 0.7566219
00:10:40.310 --> 00:10:42.310 bringing the left arm up to the Hill.
NOTE Confidence: 0.5990483
00:10:43.600 --> 00:10:47.503 Come in. What your Russell
NOTE Confidence: 0.5990483
00:10:47.503 --> 00:10:48.867 is curable by uneven?
NOTE Confidence: 0.782876
00:10:50.520 --> 00:10:51.990 Bending the elbow. Bring the
NOTE Confidence: 0.782876
00:10:51.990 --> 00:10:53.460 fingers to the opposite here.
NOTE Confidence: 0.6932245
00:10:54.750 --> 00:10:59.438 No to go try to my new schedule.
NOTE Confidence: 0.8885998
00:11:00.320 --> 00:11:04.840 Releasing the write up in the left out. He
NOTE Confidence: 0.648207
00:11:08.060 --> 00:11:11.270 still both come to settle by your sides. Some
NOTE Confidence: 0.7582453

00:11:11.270 --> 00:11:14.570 of us are stand alone are going to the table.

NOTE Confidence: 0.8271225

00:11:15.580 --> 00:11:18.020 Left out and offering the right hand up.

NOTE Confidence: 0.5730847

00:11:19.190 --> 00:11:22.196 How old of a Mohawk Trail

NOTE Confidence: 0.5730847

00:11:22.196 --> 00:11:24.200 in Brazil scared erazo?

NOTE Confidence: 0.832965

00:11:26.070 --> 00:11:29.470 Singer tore the opposite here. No

NOTE Confidence: 0.5958882

00:11:29.470 --> 00:11:31.850 sales are Seattle or hero.

NOTE Confidence: 0.81458575

00:11:33.740 --> 00:11:38.260 And then left coming out right now. Boy

NOTE Confidence: 0.77461946

00:11:40.500 --> 00:11:43.930 in both settling by your sides. No.

NOTE Confidence: 0.6729192

00:11:46.840 --> 00:11:49.720 Will do that two more times.

NOTE Confidence: 0.6729192

00:11:49.720 --> 00:11:55.560 Myself. Inhaling? Mama sign dollar.

NOTE Confidence: 0.6729192

00:11:55.560 --> 00:11:59.970 Text Haley. Exceller inhaling.

NOTE Confidence: 0.31398845

00:12:02.300 --> 00:12:03.040 Exhale.

NOTE Confidence: 0.7347468

00:12:16.890 --> 00:12:23.200 Don't exercise. 2. Right harm comes up

NOTE Confidence: 0.7347468

00:12:23.200 --> 00:12:25.580 toward the left where we tapped out.

NOTE Confidence: 0.6496096

00:12:27.170 --> 00:12:30.840 Under each other to Carbondale.

NOTE Confidence: 0.6496096

00:12:30.840 --> 00:12:31.868 It should be scared.

NOTE Confidence: 0.83713955
00:12:32.630 --> 00:12:34.255 Left I'm coming up behind
NOTE Confidence: 0.83713955
00:12:34.255 --> 00:12:35.555 for the shoulder blade.
NOTE Confidence: 0.37589633
00:12:36.860 --> 00:12:38.968 Yellow throw Brasova Jatra.
NOTE Confidence: 0.6897166
00:12:42.580 --> 00:12:47.458 Releasing right now. Bama harela hard song.
NOTE Confidence: 0.65193206
00:12:48.990 --> 00:12:52.188 Pulling the hips back like Islam.
NOTE Confidence: 0.035051413
00:13:03.820 --> 00:13:08.475 Up I would also be. Look to the
NOTE Confidence: 0.035051413
00:13:08.475 --> 00:13:11.080 front and turn to the right. They
NOTE Confidence: 0.6837437
00:13:11.080 --> 00:13:12.940 actually landed pero grocers
NOTE Confidence: 0.6837437
00:13:12.940 --> 00:13:15.730 to to sing Tura as leverage.
NOTE Confidence: 0.7895855
00:13:16.570 --> 00:13:18.635 Circling the right arm down
NOTE Confidence: 0.7895855
00:13:18.635 --> 00:13:20.670 and then back up. Darling
NOTE Confidence: 0.64800555
00:13:20.670 --> 00:13:22.704 Deluna Media was the auto glass
NOTE Confidence: 0.64800555
00:13:22.704 --> 00:13:24.800 on the Rachel tries novamente.
NOTE Confidence: 0.64800555
00:13:24.800 --> 00:13:26.308 Don't under your name.
NOTE Confidence: 0.79651254
00:13:27.360 --> 00:13:29.930 Left arm off the front, right off the back.
NOTE Confidence: 0.5343247

00:13:31.260 --> 00:13:34.249 Big breast we scared of Jenny Asya.
NOTE Confidence: 0.630857

00:13:35.660 --> 00:13:39.146 The rich laughter down as you fall.
NOTE Confidence: 0.630857

00:13:39.810 --> 00:13:47.210 Cilla images Seattle. Up Azure Eva.
NOTE Confidence: 0.630857

00:13:48.120 --> 00:13:50.610 Circling to the left looking forward.
NOTE Confidence: 0.5918564

00:13:53.780 --> 00:13:56.330 Yeah. Position.
NOTE Confidence: 0.6306677

00:13:57.660 --> 00:13:58.960 Show me women taking position.
NOTE Confidence: 0.7457742

00:14:00.790 --> 00:14:05.390 Two more times each side. Hello.
NOTE Confidence: 0.7457742

00:14:05.390 --> 00:14:10.570 Inhaling? In Orlando. Axalan Excellent.
NOTE Confidence: 0.518333794

00:14:12.790 --> 00:14:15.049 In Orlando. XL.
NOTE Confidence: 0.5005084

00:14:17.300 --> 00:14:18.230 Inhaling?
NOTE Confidence: 0.54935616

00:14:20.440 --> 00:14:24.148 Alex Haley, excellent inhaling.
NOTE Confidence: 0.7936703

00:14:27.510 --> 00:14:28.490 Excellent.
NOTE Confidence: 0.9419082

00:14:48.540 --> 00:14:49.998 During these exercises.
NOTE Confidence: 0.4446238

00:14:50.610 --> 00:14:54.420 Duran Tiësto Celsius.
NOTE Confidence: 0.4446238

00:14:54.420 --> 00:14:55.900 Cuando este Practic condo.
NOTE Confidence: 0.8695526

00:14:56.560 --> 00:14:59.017 You want to stay very balanced instead

NOTE Confidence: 0.8695526

00:14:59.017 --> 00:15:01.120 in your feet, hips and shoulders.

NOTE Confidence: 0.65376025

00:15:02.610 --> 00:15:05.599 This month and earthy being alley now

NOTE Confidence: 0.65376025

00:15:05.599 --> 00:15:08.900 going to Spears Tuscadero it'll summers.

NOTE Confidence: 0.6955025

00:15:10.460 --> 00:15:12.360 The head and spine and

NOTE Confidence: 0.6955025

00:15:12.360 --> 00:15:14.260 tell them month in India.

NOTE Confidence: 0.74638736

00:15:18.070 --> 00:15:20.404 Next time we'll explore the 2nd

NOTE Confidence: 0.74638736

00:15:20.404 --> 00:15:22.424 three pastors of the Belgian

NOTE Confidence: 0.74638736

00:15:22.424 --> 00:15:25.920 or standing to dog naproxen.

NOTE Confidence: 0.6049204

00:15:25.920 --> 00:15:30.108 Begin test position is the Chico.

NOTE Confidence: 0.7978499

00:15:31.080 --> 00:15:33.920 Thank you for joining us today, muchisimo.