



WHY SHE DOES IT

All movements should be performed without shoes, except for the Airbench.

A special thank you to [Ben Thompson](#) who designed this warm-up exclusively for That Girl™.

THE WINDMILL



Step 1

Stand with feet hip-width and shoulders, hips, heels and head touching the wall.

Step 2

Extend arms out to sides with elbows locked straight and palms facing out.

Step 3.

Bend your torso to one side then the other for 5 reps each direction.

Be sure to keep shoulders and hips on the wall and feet flat on the floor as you bend.

Step 4

Spread feet about 1.5 feet apart and do 5 reps each direction.

Step 5

Spread feet about 2.5 feet apart and do 5 reps each direction.

Step 6

Return feet to hip-width and do 5 reps each direction.

THE KNEELING TWIST



Step 1

From a kneeling position place your right foot out in front of you with the right knee bent. Your right leg is now bent at a ninety degree angle. The sole of your right foot is flat on the floor. The top of your left foot is on the ground.

Step 2

Put your right hand on your low back with thumb pointing up, palm out

Step 3

Reach across the body with the left arm placing your forearm on the outside of the right leg near the knee. The fingers of your left hand will be pointed toward the floor

Step 4

Lunge forward, keeping your back straight and shoulders back. You should feel most of your weight on your front (right) leg as you lunge forward. Your left shoulder should be turning toward the right leg. Your head should turn with your torso so you will be facing right.

Step 5

Hold position

Step 6

Switch leg positions and repeat to the left side

THE HIP CROSSOVER



Step 1

Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead.

Step 2

Place your arms out to the side at shoulder level, with your palms flat on the floor.

Step 3

Cross your left ankle over your right knee and rotate the pelvis down toward the floor. Your left foot should now be flat on the floor, along with the outside of your right leg.

Step 4

Look in the opposite direction and relax your shoulders.

Step 5

Press the left knee away from your body using the left hip muscles.

Step 6

Hold and then swap sides.

THE FLOOR TWIST



Step 1

Lie on one side in the fetal position with your arms straight out from your shoulders in front of you.

Step 2

Stack your knees one directly atop the other, where they should remain throughout the exercise.

Step 3

Open the top arm, lifting it up and over your body to the other side letting it rest to the floor or as close to the floor as you are able.

Step 4

Move your head to look in the same direction as that arm.

Do NOT let your knees come apart while moving the arm to the other side.

You can use your bottom hand to hold your knees together.

Remember to breathe.

Allow your body to open up.

Step 5

Hold.

Step 6

Switch sides and repeat.

THE AIRBENCH



Step 1

Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.

Step 2

Walk your feet away from the wall while sliding your body down at the same time.

You will be "seated" in an invisible chair, with your knees bent to just above 90 degrees.

Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.

Your lower back should be completely flat against the wall.

Your arms can hang down to your sides, or rest your hands gently on your lap.

Step 3

Hold

Keep the weight in your heels, do not press forward on your toes.

Note

Perform this exercise in trainers.