



that girl

stacked high intensity  
interval training

workout two

# About This Workout

## *How to do it*

Do Exercise 1 for 30 seconds; rest for 10 secs

Do Exercise 1 and 2 for 30 seconds each; rest for 10 secs

Do Exercise 1,2,3 for 30 seconds each; rest for 10 secs

Do Exercise 1,2,3, and 4 for 30 seconds each; rest for 60 secs before repeating one more round from the beginning.

## Vertical Jumps

### *Position*

Stand with your feet hip width apart and hinge your hips back to lower into a squat position. Gaze is forwards and hands lightly clasped in front of the chest.

### *Action*

From your lowest point, push down through your heels and explosively jump up as high as you can as you swing your elbows backwards. Lower your body back into the squat position to complete one rep.



## Jump Lunges

### *Position*

Start in a lunge position with the front knee in line with the heel and the back knee in line with the hip. Your gaze is forwards.

### *How She Does It*

From your lunge position, spring yourself upwards changing your legs in the air. Use your arms to assist you.



# GI Press Ups

## **Position**

Come into a full plank position on your hands and feet, body is in one solid straight line.

## **How She Does It**

Keeping your thighs, buttocks and abdominals engaged and your elbows close to your sides, lower your chest towards the floor. Simultaneously raise one foot off the ground, squeezing the butt as you lift the legs.

Return to the start position and repeat alternate legs as you perform the press up.



# GI Touchdown & Tuck Jumps

## **Position**

Stand with your feet hip width apart, arms by your sides, abdominals engaged and gaze forwards.

## **How She Does It**

Keeping a straight spine, hinge your hips down and back. Make sure you're keeping your weight in the heels. Fold the hips over and lower until your fingertips touch the floor.

Pause briefly at the bottom before exploding upwards through your lower body bringing your knees towards your chest. Use your arms for momentum.

