



that girl

stacked high intensity
interval training

workout three

About This Workout

How to do it

In this HIIT workout you're going to do each exercise for 60 seconds and rest for 20 seconds. Take 1 min rest between each circuit and repeat 3 times through.

Ninja Kicks

Position

Feet hip width apart and flat on the floor. Hands clasped in front of your chest.

How She Does It

With a straight spine, hinge at your hips to sit your butt back and downwards until your hips lower just below your knees into a squat position, weight is in your heels. Immediately return to standing kicking the right leg out to the side, a little above hip level if you can. Repeat on the left side.



Jump & Twist

Position

Start in plank position on your hands and feet. Your body is in one straight line and gaze is downwards.

How She Does It

Jump your feet wide apart and back. Now rotate your body to the right coming into a side plank as you extend the right arm to the sky.

Maintaining side plank, kick the left leg out in front of you and return to the plank. Repeat on the opposite side.



Long Jump

Position

Stand with feet hip width apart, gaze forwards and set your intention on where you want to land.

How She Does It

Lower into a squat swinging your arms behind you and then immediately swing them forwards as you propel your body forwards. Land on both feet and lean your body weight slightly forwards. Now jog or walk back to your start position and set your attention once again.



Stamping Lunge

Position

Start in a deep lunge so the back knee just hovers off the ground. Front knee is in line with the heel and back knee is in line with the hip.

How She Does It

Staying as low as you can in the lunge, raise your front knee towards your chest and return. Swap legs after 30 seconds.

