

A black and white photograph of a woman with long, dark hair, wearing a black leotard. She is performing a backbend, with her hands clasped behind her head and her arms extended upwards. Her head is tilted back, and her eyes are closed. The background is a plain, light-colored wall.

# espresso martini

## *How she does the programme*

There are 11 exercises in this workout. The first 9 I want you to do each block of 3 exercise twice through before moving onto the next block. The two remaining exercises repeat one set of each to finish the routine.

Repeat this workout 3 days a week for 2 weeks. You will be also doing two cardio interval sessions and taking two days rest (see That Girl body plan timetable).

*Happy training!*

# Introduction

This workout got its name after I tasted my first ever espresso martini last summer, after 40 years of relatively no alcohol this was quite a shock to the system. I was so hyper the next day I had everyone jumping around with cardio bursts throughout their workout!!!

Designed to follow on from the 8-week challenge Espresso Martini promises to keep you working hard and give your fitness level that extra boost. We combine low intensity with high intensity so we keep up the fat burning effect, whilst maintaining the muscle tone we created over the last eight weeks. Repeat the workout 3-x a week for the next month and continue with two hitt workouts of your choice from the 8-week plan to maximise your results. Of course if you enjoy the outdoors then substitute the hitt days for some longer duration cardio outside such as running or power walking.

In this workout you will complete 1 set of the pre stretch and thereafter two sets of each exercise. The cardio burst and bodyweight training exercises are all timed for 60 secs with 30 sec rest before repeating. If the movement changes leg then divide your 60 secs into 2x 30 secs, rest and repeat each leg a further 30 secs each.

Take 30 - 60 secs between each exercise before moving on. Of course if you need a little extra rest then take it and as you get fitter you will see this decrease.

I suggest you perform the routine with water and maybe a neat espresso before hand ☺

## Pre-Stretch

### *Why she does it*

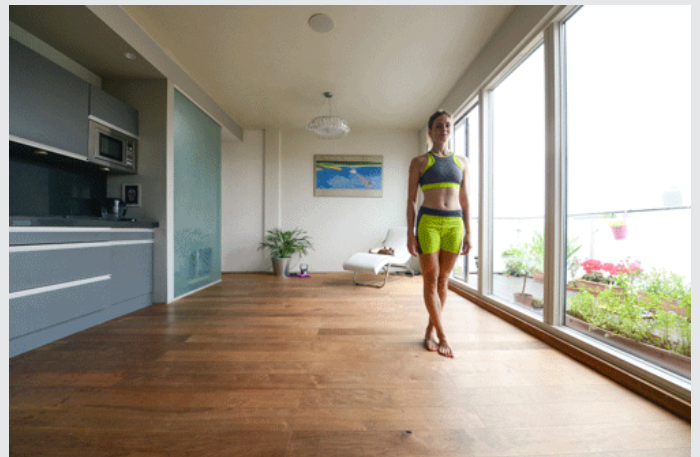
This dynamic stretch activates muscles you will be using in the workout.

### *Position*

Standing tall, hands on hips and gaze forwards.

### *How she does it*

Step the right leg out bending into a deep plié squat. As you return to standing step the left leg across the right and reach the hands down towards the floor. You will feel the stretch in your hamstrings.



**Top Tip** Don't worry if you can't reach to the floor; simply reach as far down your legs as you comfortably can.

## Long Jump

### *Why she does it*

Long Jumps are a plyometric exercise that focus on building explosive strength and power throughout the leg muscles. They are also a great cardiovascular challenge that will certainly torch some calories.

### *Position*

Stand with your feet flat on the floor, hip width apart, toes pointing forwards and feet in line with each other. If they are staggered you will be likely to push off from the dominant leg rather than equally. Your arms are by your sides. Gaze is ahead of you focusing on where you want to land.

### *How she does it*

Lower to a half squat swinging your arms backwards and then immediately swinging them forwards extending your body powerfully to land in your intended spot. Your abdominals are engaged as you fly through the air landing in the squat, feet flat on the floor and bodyweight slightly forwards.

Repeat the move as many times forwards as space allows and then turn around and repeat the way you came. Each time you jump set your intention to jump that little further.



**Top Tip** You want to think about using your hips to drive you forwards as you jump.



# Warrior Reaches

## *Why she does it*

Challenges balance, works the legs and butt as well as the upper back and shoulders as you reach the arms forwards.

## *Position*

Start standing, feet together, gaze forwards and arms at your sides.

## *How she does it*

Keeping the left leg slightly bent, engage your abdominals as you hinge forward from your hips lifting the right leg behind you so your torso is almost parallel to the floor, arms extended in front of you. Pause in the balance momentarily and then lower your right foot back behind you onto the floor as you drop the right knee into a deep lunge.

Aim to repeat two warriors reaches before stepping the legs back together – this is one rep.



**Top Tip** If you are not so flexible then bend the supporting leg a little more as you lean forwards.

# Spring Leg Steps

## *Why she does it*

The single leg spring allows us to improve reactivity and acceleration in each leg individually challenging our balance too. The exercise is also a great cardio burst and body weight exercise for the leg muscles and bones.

## *How she does it*

Hinge your hips back into squat swinging your arms backwards and then immediately forwards as you hop forwards and land on the same leg. Immediately hop forwards again but this time squat as low as you can reach your fingertips to the floor.

Now simply walk backwards ready to repeat the move again on the other leg.

## *Position*

Standing on your left leg, gaze forwards and arms by your side.



**Top Tip** Be mindful not to simply reach forwards to touch the floor, but rather bend deep at the hips so the hands come to the floor. If you find it hard to land on one leg then you can always land on two eventually working up to one.

# Gliding Lunge With Rotation

## *Why she does it*

The movement significantly improves co-ordination, balance, hip flexibility, core stability and works the entire leg musculature and spinal mobility.

## *Position*

Standing tall, hands in prayer in front of your chest, gaze forwards.

## *How she does it*

Keeping your body in an upright position step the left leg into a lateral lunge allowing the hips to move back and down so the left knee bends to 90 degrees. The right leg remains straight and the foot planted firmly on the floor. Rotate your torso in the direction of your lunging leg, and return to standing. Repeat all repetitions to one side before changing legs.



**Top Tip** Be mindful to keep the non-moving leg straight as you lunge.

# Lateral Springing Lunges

## *Why she does it*

A little cardio burst that to help develop explosive strength whilst really hitting the thighs and gluts to get your legs just all that more firmer.

## *Position*

Standing tall, hands in prayer in front of your chest, gaze forwards.

## *How she does it*

Step the right leg out to the side in a lateral lunge so the right knee bends at 90 degrees whilst the left leg remains straight with your heel planted firmly on the ground. Now, pushing off the right foot as you jump the legs back together.



**Top Tip** Keep the movement dynamic – you want to get your heart rate up.

# Tapping Plié

## *Why she does it*

I love this exercise to really concentrate on opening the hips whilst focusing on the inner thighs, butt and calves.

## *Position*

Stand with feet wider than shoulder width, feet turned out two and ten o'clock. Hands in prayer in front of your chest. Spine is straight.

## *How she does it*

Keeping the spine straight, bend your legs to a 90-degree angle, think of the knees opening out to the back of the room rather than collapsing inwards.

Now from your lowest point lift your right heel and then your left heel so you are balancing on the balls of your feet. As you return to standing think of drawing up through the inner thigh muscles and contracting the gluts at the top of the move as you place the heels firmly back on the floor.



**Top Tip** If you are struggling with balance then holding the back of a chair will allow you to keep your form and quality of the movement.

# Single Arms Jump Backs

## *Why she does it*

Cardio burst that challenges your core, upper body strength as well as lower and stability and muscular endurance. Be prepared to feel the burn!

## *Position*

Come into a squat position, weight in your heels, chest lifted, and gaze forwards.

## *How she does it*

Place your right hand on the floor and jump your feet back into a plank position on one hand keeping the hips level. To return jump the feet back to the squat position and repeat on the other hand. Repeat alternate arms.



**Top Tip** This one is tough not only on shoulder stability and arms strength but also on core stability and co-ordination. If you find it hard to keep the hips level then I want you to put both hands down each time you jump back.



# Arm Circles

## *Why she does it*

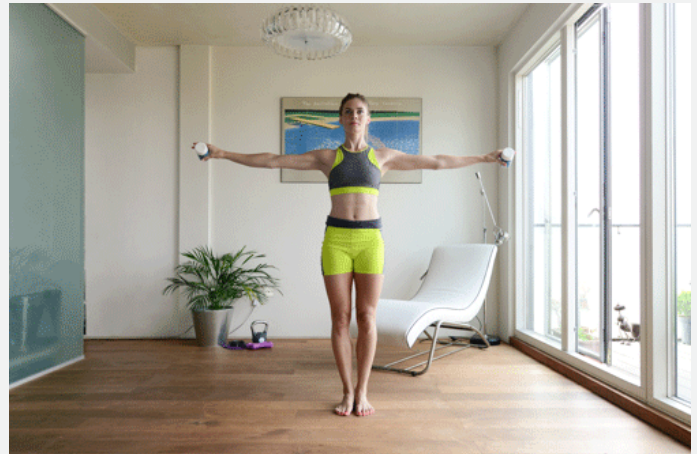
I love this exercise as it helps tones and dynamically stretches the arm and shoulders and you can do it anywhere.

## *Position*

Standing tall with arms extended out at shoulder level either side of the body. The neck is long and gaze forwards.

## *How she does it*

Circles your arms backwards without rotating the wrists. As you do this lower the arms towards the hips and back to shoulder level. It looks easy but believe me this one will fatigue!



**Top Tip** Really think about lengthening through the arms and finger tips as if to pull the muscles towards your bone creating a strong rather than floppy arm.

# Hitch a Ride

## *Why she does it*

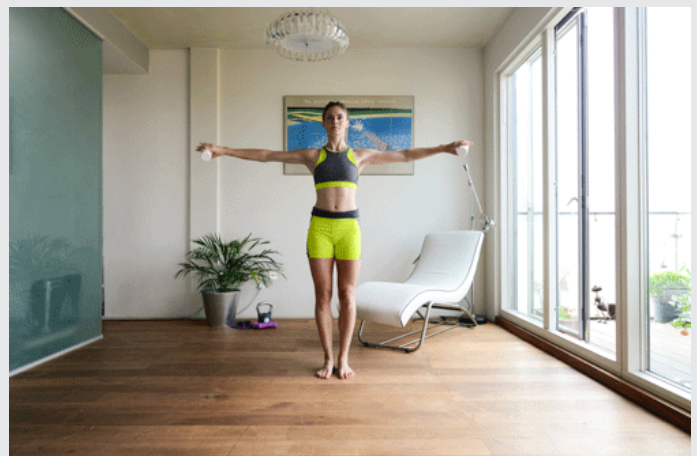
Another simple exercise I love as it really helps you to connect to your upper back muscles whilst dynamically stretching the arms.

## *Position*

Standing tall with arms extended out at shoulder level, palms and thumb facing down. Draw your shoulder blades downwards as you lengthen through the neck, gaze is straight ahead.

## *How she does it*

Soften at the elbows and leading with the thumbs spiral your arms so your palms and thumb face upwards. As you do this focus on engaging the upper back muscle to draw the shoulders downwards. Spiral the palms back to start.



**Top Tip** If you can't quite get the engagement in the upper back muscles try bending the elbows a little more.

# Ballerina Taps

## *Why she does it*

Works the waist and challenges shoulder stability as well as coordination.

## *Position*

Sit on your right hip with your right leg flat on the floor, knee bent at 90 degrees, and your right palm on the floor stacked under the right shoulder. Bend your left knee towards the ceiling and place your left foot flat on the floor in front of your right. Your left elbow rests by the side of your left knee.

## *How she does it*

Push down into your right hand and left foot as you extend the hips upwards whilst extending the right leg out in front of you reaching the left arm up and over your head.



**Top Tip** If you find this one then leave out the leg extension until you feel stronger.

# Twisting V Sit

## *Why she does it*

Whittle the waist by targeting the internal and external oblique's and also engages the hip flexors and rectus abdominus.

## *Position*

Begin in a seated position, right hand across the chest and the left hand on the floor, abdominal engaged and bent legs raised off the floor.

## *How she does it*

Extend the legs out to the left as you bend the right arm. Now rotate the move to the other side.



*Top Tip* Really focus on engaging the abdominals as you extend the legs.

# Rotating Plank and Butt Kick

## *Why she does it*

This one is such a great core challenge that works the waist, butt, and inner thigh and shoulder stability.

## *Position*

Start in plank position on your hands and feet. Spine is straight.

## *How she does it*

Engage your abdominals and extend the left leg a few inches upwards as you squeeze the butt. Now rotate the body so you come into a side plank on your left hand and right foot reaching the left knee towards the chest and the right hand to the sky.



*Top Tip* Work slow and controlled really focusing on the movements



































