

VS Girl

Be empowered, strong and confident
Be the woman you were born to be
Be That VS Girl

How she does the programme

This workout is adapted from the moves used to get Victoria secrets show perfect . We combine upper and lower body strength, alongside some high intensity moves designed to make you sweat, work and tone.

You will do each exercise for 60 seconds taking 30 secs rest between each move. Aim to complete 2 rounds with 1-2 mins rest between each round. If you want to really push yourself then i suggest three rounds please.

Happy training!

Squat Kicks

Why she does it

This one maybe low impact but it will still get your heart rate up, whilst working your butt and legs.

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, your 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.

Position

Feet are flat on the floor and a little wider than hip width with toes slightly turned outwards. Your hands are clasped in front of your chest.



Top Tip I like to keep my hands clasped so I really work on balance and focus on my legs.

Travelling Booty Squats

Why she does it

For a strong butt, great legs and the hip mobility you need to squat. We add a little co-ordination challenge in this one too.

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 and swing your arms forwards. Pulse in the squat for 2 counts and as you return to standing take a half turn to face the other direction. Repeat 6 in one direction and then travel back the way you came.

Position

Feet are flat on the floor and a little wider than hip width with toes slightly turned outwards. Your arms are by your sides.



Top Tip As your squat you really want to root down through your heels to send the work into your butt whilst keeping your chest lifted and gaze forwards.

Top to Toes

Why she does it

This one not only challenges your core but also your arms and shoulders and will certainly get your pulse up too.

Position

Come into full plank position, shoulders in line with wrists. Firm your thighs, squeeze your butt tight and draw your abdominals in creating a strong solid body.

Action

Keeping your thighs, buttocks and abdominals engaged lower your right forearm to the ground followed by your left. Return to plank and draw your right knees as close to the right elbow as you can. Return to full plank position ready to repeat on the left side. Be mindful to keep your hips as still as you can throughout please.



Top Tip If you find this one tricky then for now remain in plank position drawing alternate knee to elbow whilst keeping your body strong throughout. Always remember to challenge yourself with the full move each time your workout.

Surfers Jumps

Why she does it

This one is a killer way to challenge your entire body and proprioception meaning your unconscious perception of your body movements and position in space. In this exercise you will dynamically jump your body from the floor like a surfer from their board to feet.

Position

Lie on your front, feet together and arms bent by your sides. Your legs are strong, butt and abdominals engaged. Gaze to the floor.

Action

Push down through your hands and feet and squeezing your butt whilst keeping your abdominals engaged bring yourself dynamically up through plank jumping your feet into a diagonal low squat on one side. Return to the ground and repeat to the opposite side. Be mindful to stay low in the squat avoiding standing up.



Top Tip This one is hard on the legs, if you're finding it tough then by all means come back to standing in-between each one.

Cross your Hearts

Why she does it

In this exercise we are going to focus not only on the upper body and abdominals but also shoulder stabilisation as well as the lower body making it full body exercise. If done properly the bum, abdominals, back and legs are key in developing coordinated strength.

Position

Come into full plank position, shoulders in line with wrists and feet hip width apart. Place your right hand on a low step. Firm the thighs, locking out the knees. Squeeze your bum tight and draw your abdominals in creating a strong solid body.

Action

Keeping your body solid from head to toe in the plank position slowly lower yourself towards the floor to your left elbow is in line with your left shoulder. Keeping the thighs firm, buttock tight and abdominals engaged push down through your feet and right hand and raise your left hand to cross your heart.



Top Tip You can modify this one by placing both hands on the floor rather than one on a step.

Return the left hand to the floor to repeat the press-up

Waist Trimmer

Why she does it

This one really works your waist and core as well as shoulder stability.

How she does it

Focus on engaging your abdominals and keeping the hips lifted as you draw your right knee towards your chest allowing your upper body to rotate so the left elbow kisses the right knee. Return and repeat 30 secs one side and then switch to the other side.

Position

Lie on your right side with your right forearm on the floor, shoulder in line with elbow and your left hand by the side of your head. Your hips are stacked and your left foot is placed slightly on front of the right. Lift your hips to form one straight line from head to toes.



Top Tip This one is tricky and you can always start out by rotating the left elbow to right hand keeping the hips lifted.

Reverse Plank Kicks

Why she does it

Reversing your plank not only challenges your abdominals to stop your back from sagging but also strongly works your butt, hamstrings, lower back and arms.

How she does it

Keeping your abdominals and gluts strongly engaged so your hips remain lifted raise one leg up towards the sky and lower . Repeat opposite legs without letting the hips drop.

Position

Start seated with your legs extended in front of you , heels on the ground and hands directly under your shoulders, fingers pointing outwards. Lift your hips upwards until your body forms one straight line from your ankles to shoulders. Engage your abdominals and butt strongly to maintain this position.



Top Tip You can also do this exercise in a bridge position so the legs are bent at 90 degrees . Lift the hips up to form one straight line and keeping the gluts engaged hold the position. Your still going to feel it for sure!!

