



# that girl method

weeks 5-6

## *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!*

# Sliding Lunge

## *Why she does it*

This one really works the butt.

## *How she does it*

Repeat 8-12 reps each side.

## *Position*

Stand up behind a chair/table or ledge. Feet are hip width apart and gaze forwards.

## *Action*

Keeping your chest lifted, slide your right foot behind your left as you sink down into the left hip as close a 90 degree angle as you can. Return to standing, decreasing the speed of the movement to a slow count of 4. The movement is slow and controlled.



**Top Tip** Try not to use your arms to help your return but rather just for support.

# Step Ups

## *Why she does it*

Works and sculpts the legs and butt.

## *How she does it*

Repeat 8-12 each side.

## *Position*

Stand 6 inches away from a stable chair or bench. Spine is long, shoulder back and gaze forwards.

## *Action*

Place the left leg on the chair pushing your weight down into your heel as you step up raising your right knee to hip height. Slowly lower the right leg to return to start.



**Top Tip** Be mindful to not stop the movement when you step up but think about engaging the abs and standing tall.

# Give me a Y & T

## *Why she does it*

Works the upper back muscles – great for posture.

## *How she does it*

Repeat both moves 8-12 times.

## *Position*

Slightly bend the knees and stand tall with your spine straight and gaze ahead. Arms are by your sides, thumbs pointed upwards.

## *Action*

Draw your shoulder blades back and down and then raise your arms outwards into a Y position. The arms are in line with your head. Return the arms to your side and repeat.

Now rotate the palms open and repeat the move, drawing your shoulder blades down as you lift your arms up and over your head so the thumbs meet. Return to the start position.



**Top Tip** Engage your core muscles through out the exercise. Don't let the back arch as the arms lift.

# Two Chicks Press Up

## *Why she does it*

Works the chest and triceps. This is a great starting point for full press-up preparation.

## *How she does it*

Repeat 8-12 (right and left = 1 rep)

## *Position*

Lie on your front on the floor with lower legs crossed in air. One hand is slightly forwards and the other slightly back as in picture.

## *Action*

Engage your abdominals and push down through your hands to straighten the arms so that your chest and pelvis lift from the floor and you're balancing on your knees and hands. Lower yourself all the way back to the floor and shift the arms to the opposite position then repeat on the other side.



**Top Tip** Make sure you engage your abdominals throughout this move. You can also do the exercise in full press-up position lying flat.

# Travelling Lateral Lunges

## *Why she does it*

This exercise combines dynamic stretching with strength training for the legs and butt.

## *How she does it*

Repeat as many as the space allows to the right and then repeat to the left aiming for a total of 16-20 lunges.

## *Position*

Stand tall with feet together and your arms up across your chest.

## *Action*

Step the right foot out 2-3 feet into a wide stance. The right knee bends at 90 degrees, as you sit the hips backwards. The left leg remains straight with your heel firmly on the floor.



**Top Tip** Make sure you really sit the hips back to engage the gluts.

# Warrior Lunge

## *Why she does it*

Deep lunges really work the glutes and also challenge your balance.

## *How she does it*

Repeat 8-12 each side.

## *Position*

Start standing, feet together. Arms by your sides.

## *Action*

Step the right leg straight backwards as you bend the left knee to a 45-degree angle. Your right hand reaches towards the floor. To return, root down through the left heel and engage the left glute as you send the pelvis forwards to return to standing.



**Top Tip** Keep the chest lifted, shoulders pulled back and the neck long.

# Gazelle

## *Why she does it*

**That girl signature move:** Full body exercise that also gets your pulse racing.

## *How she does it*

Repeat 8-12 each side.

## *Position*

Standing tall, feet slightly apart, gaze forwards and hands by your sides.

## *Action*

Lunge the right leg back whilst placing both hands on to the floor in line with your shoulders. Extend the left leg back into a plank. From here, bend the left leg at the knee and extend it behind you as you focus on squeezing the left butt. Be mindful to keep the abs engaged and the spine neutral.

Reverse the move by stepping the left leg forward and bring yourself back to standing, raise the right knee up towards your chest.



**Top Tip** Move with intention and mindfulness rather than speed, focusing on the movement and keeping the correct posture.

# Travelling Press Ups

## *Why she does it*

Works the whole body.

## *How she does it*

Repeat 8 -12 times.

## *Position*

Come into a plank position, shoulders in line with your wrists and with feet hip width apart. Your abdominals are engaged, back is straight and gaze down.

## *Action*

Keeping the plank position, take two steps right, moving the hands and feet simultaneously. Now drop the knees to the floor and lower into a press-up (of course if you do full press-ups then go right ahead).



**Top Tip** Remember to keep your abdominals engaged and avoid slumping the back in the plank position.

# Stepping Curtsey Lunge

## *Why she does it*

Works the bum whilst activating the inner and outer thighs and challenging co-ordination and balance.

## *How she does it*

Repeat 8-12 each side.

## *Position*

Legs hip width apart, arms by sides.

## *Action*

Step the right leg diagonally behind you into a curtsey position. The right knee bends to 90 degrees as you clasp the hands in front of the chest keeping the chest lifted.

Return to start position then repeat the motion but this time crossing the right leg in front of the left. The left leg bends to 90 degrees.



**Top Tip** To really activate the butt in this move it is important to avoid reaching the arms to the floor therefore keep your chest lifted whilst you bend deep into the curtsey squat.

# Chair Wrap Around

## *Why she does it*

*That girl signature move:* True butt lift.

## *How she does it*

Repeat 15-20 each side.

## *Position*

Kneel on all fours facing away from the chair and slide your right leg under the chair. Your left leg is extending out to the side. Rest your right forearm and left hand on to the floor for balance.

## *Action*

Lift the left leg up and wrap it around the back of the chair so that your knee is in line with your hip. Now focus on lifting the knee up towards the top of chair. Lower back down, extend the leg to the start position at the side of chair.



**Top Tip** If you're in the gym you can still do the move without a chair but remember to really wrap the leg around.

# Leg Stretch

## *Why she does it*

Tones the butt and improves flexibility.

## *How she does it*

15-20 each side.

## *Position*

Kneeling on your left knee, resting the left forearm and right hand on the floor for support.

## *Action*

Draw in the lower abdomen in as you lift the right knee onto the edge of the chair. From here, straighten the leg to touch the toes to the very top of the chair.



**Top Tip** Don't worry if you can't straighten the leg at first but you want to work towards being able to do so.