



# that girl method

weeks 7-8

## *How she does the programme*

There are 13 exercises in this workout and I want you to repeat each block of 3 exercises twice through before moving on to the next block. You will notice on the last block there are four exercises for an extra challenge.

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

*Happy training!*

# Hip Lift

## *Why she does it*

Works the bum and elongates the spine.

## *How she does it*

Repeat 20-30 times holding each one at the top for 2 secs.

## *Position*

Place your head, shoulder and upper back on a chair/sofa seat and allow your hips to drop towards the floor. Your feet are hip width apart with the feet flat on the floor. Knees point forwards.

## *Action*

From your lowest point push down through your heels to dynamically lift your hips upwards so your hips; torso & shoulders are in one straight line. Hold momentarily before returning to the start position.



**Top Tip** You want to really focus on using your butt muscles to lift up and hold.

# Lunging Step Up

## *Why she does it*

Works and sculpts the legs and butt.

## *How she does it*

Repeat 8-12 times each side.

## *Position*

Stand 6 inches away from a stable chair or bench. Spine is long, shoulders back, gaze forward and hands clasped in front of your chest.

## *Action*

Place your left leg on the chair and push your weight into your heel as you step up, raising your right knee to hip height.

Return to the start position and step the left leg backwards until your knee almost touches the floor and the right knee is bent at 90 degrees. From here move straight back into the step up.



**Top Tip** You can work off a lower step or the ground to start and build up to the chair when you feel comfortable. To advance the move you can hold a pair of dumbbells at your sides or a kettle bell at chest height. Choose a weight where you can maintain a straight spine and good form

# Bunny Hop

## *Why she does it*

This is great little cardio interval.

## *How she does it*

Repeat 45-60 secs.

## *Position*

You will need a sturdy chair or a similar height piece of furniture. Place your hands on the floor and your feet to one side of the chair. The chair is roughly arms length away.

## *Action*

Softening the knees spring your feet up onto the top of the chair and immediately down to the opposite side.



**Top Tip** You can also jump your feet straight over the chair seat and back to advance the movement.



# Stretch & Press

## *Why she does it*

A strong move for the back of the arms as well as stretching the back line of the body.

## *How she does it*

Repeat 8-12.

## *Position*

Place your hands either side of a chair seat with your body in full plank, spine is straight and abdominals engaged.

## *Action*

Keeping your legs straight, stretch the body backwards, placing the heels on the floor. From here move the body back into plank position and, bending at the elbows, lower the chest towards the chair seat.



**Top Tip** It is important that the elbows slide down the side of the body rather than spraying outwards.

# Single Leg Split (Bulgarian)

## *Why she does it*

The elevated rear leg allows for a fuller range of motion in the front leg, allowing for more gluteal activation.

## *How she does it*

Repeat 8-12 times each side.

## *Position*

Stand with your back to a chair and place the top of your right foot on the base. Hands are clasped in front of you and your chest is lifted.

## *Action*

Slowly flex both knees to sink your body weight downwards to the knee of the rear leg is nearly touching the floor.

You want to place most of your weight into the front leg making sure you root down through your heel. Be mindful that your front knee does not extend past your toes.

To return, drive the body back upwards to start position.



**Top Tip** You can increase the intensity by placing the hands behind the head keeping the elbows out at the sides. Alternatively, you can hold dumbbells in each hand or hold a kettle bell in front of the chest.

# Spring Ups

## *Why she does it*

**That girl signature move:** Works the whole body but with a real focus on the legs as you never come up out of the squat. This one a great little cardio burst too.

## *How she does it*

Repeat 45-60 secs.

## *Position*

Lie on your front on the floor with your hands alongside your chest, elbows pointing up and gaze down.

## *Action*

From your lying down position, push down through your hands to bring your body through as you jump your legs forwards into a squat. To return place your hands on the floor as you jump your feet back into a plank and lower your body back to the floor.



**Top Tip** You really want to make sure you land in the squat with your heels firmly rooted on the floor and chest lifted.

# Side Plank with Hip Drop

## Why she does it

**That girl signature move:** Challenges your oblique's, abdominals and shoulder stability.

## How she does it

Repeat 8-12 each side.

## Position

Come into a side plank position on your right hand, stacking the elbow and shoulder in one straight line. If you find it hard to balance the foot on the bottom one then rest it just in front, which is perfectly acceptable. Your left hand is at the side of your head, elbow points to the sky.

## Action

Drop your hips down towards the floor whilst keeping the arm straight and return the hips as high as you can without compromising form.



**Top Tip** As you stack the shoulder in line with the hand think of using your back muscles to draw the scapula down towards the spine.

You can modify this exercise by performing the same move on the forearm.

# Curtesy Step Up

## Why she does it

**That girl signature move:** Works and sculpts the legs and butt.

## How she does it

Repeat 8-12 times each side.

## Position

Stand 6 inches away from a stable chair or bench. Spine is long, shoulder back, gaze forwards and hands clasped in front of your chest.

## Action

Place your right leg on the chair and push your weight into your heel as you step up, raising your left knee to hip height.

Return to the start position and step the right leg diagonally behind you into a curtsy position as you reach the hands towards the floor.

Return to the start position to repeat the move.



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

# Tapping Plié

## Why she does it

Works the inner thighs, butt and calf muscles.

## How she does it

Repeat 20-30 times

## Position

Stand with feet wider than shoulder width, feet turned out to two and ten o'clock. Hands on hips. Spine is straight with the tailbone tucked under.

## Action

Bend legs to a 90-degree angle, think of the knees opening out to the back of the room rather than collapsing inwards. Now raise both heels off the floor as you return to standing balancing on the balls of your feet.



**Top Tip** Think of drawing up through the inner thigh muscles and contracting the bum at the top of the move.



# Plié Spring Ups

## *Why she does it*

Works the inner thighs, butt and calf muscles and adds a great cardio burst to your workout.

## *How she does it*

Repeat 45-60 secs.

## *Position*

Stand with feet wider than shoulder width, feet turned out to two and ten o'clock. Bend your legs to a 90-degree angle, think of the knees opening out to the back of the room rather than collapsing inwards. Hands on hips. Spine is straight with the tailbone tucked under.

## *Action*

From your lowest point, spring your body a few inches off the floor as you straighten the legs and point the toes.



**Top Tip** To add intensity you can hold a light weight (2-6kilo) or kettle bell at chest level or rest a body bar on your shoulders

# Pray It's All Over

## *Why she does it*

**That girl signature move:** Intense little exercise for the legs and butt that gets the heart rate up too.

## *How she does it*

Repeat 8-12 sets of 4 lunge backs – “pray it's all over”

## *Position*

Feet are shoulder width apart, toes pointing forwards. Sit down and back into a squat position placing your weight in the heels. Your upper body tilts forward slightly, spine is neutral and your gaze forwards.

## *Action*

From the squat position step your right leg back into a deep lunge so both legs bend to 90 degrees. Push yourself back up again into the squat and immediately lunge back on the other leg. In this exercise you don't actually come up to standing until you have repeated 4 lunges, hence “pray it's all over”



**Top Tip** You want to keep your weight in the heels as you squat and in the front heel on the lunge.

# Plank Get Ups

## *Why she does it*

**That girl signature move:** Works the core and upper body as well as challenges hip flexibility.

## *How she does it*

Repeat 45-60 secs.

## *Position*

Come into a forearm plank position with a straight spine. Your shoulders are in line with your wrists, neck long and gaze to the floor.

## *Action*

Draw your abdominals in to initiate the move and bring your right knee towards the right elbow. Now step onto your right hand and then your left hand and lower yourself back to your forearms. Repeat the whole move on the left side.



**Top Tip** Move with intention, focusing on keeping form throughout the move.