

A woman with long, wavy hair is captured in a backbend exercise. She is wearing a black leotard and has her hands clasped behind her head, with her arms extended upwards. Her body is arched, and she is looking down with a focused expression. The background is a plain, light-colored wall.

# that girl method

weeks 1-2

## *How she does the programme*

There are 10 exercises in this workout and I want you to superset each block of 2 exercises and do these 2 times through. If you're new to working out then start with 1 set of each exercise for the first week. 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!*

# Single Leg Hip Lift

that girl trains with the food medic

## *Why she does it*

Tones your butt and abdominals whilst activating the deep core muscles.

## *How she does it*

Repeat 8-12 each side

## *Position*

Lay on your back with your arms alongside your body, left leg bent at 90 degrees with the heel rested on a chair. Your right leg is extended in the air.

## *Action*

Tighten your abdominals as you drive down through your heel to dynamically lift your hips upwards, squeezing the butt as you keep your body and pelvis in line. Pause at the top for 1 second before returning to the start position.



**Top Tip** Focus on squeezing the glutes as you lift and hold. Relax the neck muscles by exhaling as you lift the hips.

# Goblet Squat

## *Why she does it*

For a strong butt, great legs and good hip mobility, you need to squat.

## *How she does it*

Repeat 12-15

## *Position*

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

## *Action*

With a straight spine, sit the hips down and back to lower into a squat position. Keep your hands clasped together, chin is lifted, shoulders back.

Push through your heels and return to standing.



**Top Tip** When you allow the knees to push slightly open, you create space to squat. You can also use the elbows as a fulcrum against the inner knees. This will remind you to lift the chest and therefore straighten the spine.

# Caterpillar Press Ups

## *Why she does it*

Works the body from head to toe. Dynamic exercise that targets the hamstrings, core, chest and shoulders

## *How she does it*

Repeat 8-12

## *Position*

Standing with your feet shoulder width apart, spine straight and gaze forwards.

## *Action*

Soften the knees as you bend forward to place your hands on the floor. From here engage your abdominals as you walk your hands out, coming into one straight-line from head to heel, keeping your back straight.

Now drop the knees to the floor and lower into a press-up (of course if you can do full press-ups then go right ahead). Walk the hands back towards the feet and softening the knees return to standing.



**Top Tip** You may find this exercise challenging if you have limited flexibility in the backs of your legs. Bend the knees as much as you need to, depending on the range of movement that you have. Be mindful to keep your abdominals engaged and to avoid slumping the back into the plank position.

# Gliding Lunge

## Why she does it

Works the entire leg musculature whilst incorporating balance, co-ordination and flexibility.

## How she does it

Repeat 8-12 each side

## Position

Stand with feet together and arms by your side.

## Action

Step the left leg out to the side into a lunge position, bending the left knee at a 90 degree angle as you sit the hips backwards. The right leg remains straight with the heel firmly on the floor.

Pushing off the left leg, return back to standing. Engaging the core throughout.



**Top Tip** Keep your weight through the heels to activate the glutes and ensure you are bending at the hip into the lunge position (rather than just reaching with the arm). Chest remains lifted throughout.

# Band Rows

## Why she does it

Strengthens the upper back and arm muscles.

## How she does it

Repeat 12-15

## Position

There are 3 ways this position can be executed:

- Wrap a resistance band around a stair real or strong frame
- Wrap a large bath towel around a strong post, pillar or frame
- Use a TRX.

Using a resistance band – hold the band with both hands, stand with the band stretched out, feet hip width apart and knees soft. Gaze is forward and shoulders are rolled back and down. The further you stretch the band the harder the resistance.

Using a towel or TRX step a foot closer and lean back, holding the towel taking a firm grip. Your arms are straight. Abdominals are engaged, hips lifted and spine is neutral.

## Action

Resistance band – Pull the resistance bands towards you, keep your elbows close to your body. Think of squeezing the shoulder blades together and hold for 1 sec. The movement is slow and controlled.

Towel/ TRX: Bend your arms as you pull your bodyweight up, draw your elbows back and pull your shoulder blades together, return to the start position. Try not to let the towel slacken.



**Top Tip** Be mindful not to arch the back or raise the shoulders

# Warrior Reaches

## Why she does it

Improves balance, and works the entire back line of the body.

## How she does it

Repeat 8-12

## Position

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

## Action

Keeping the left leg slightly bent, engage your abdominals and hinge forward from the hips. Raise your right leg behind you so that your torso is almost parallel to the floor, arms extended in front of you. Pause and squeeze gluts. Push hips forward to return to standing.

From here step the right leg behind you into a deep lunge and then return to standing.



**Top Tip** If you have limited flexibility then bend the supporting leg a little more as you lean forwards.

# Kickbacks

## *Why she does it*

This one really works the butt.

## *How she does it*

Repeat 12-15 each leg.

## *Position*

Start off by kneeling on all fours, forearms on the ground and hips in line with the knees. Gaze is to the floor.

## *Action*

Focus on engaging your abdominals to initiate the move. Extend the left leg up behind you, bending the knee so that the knee comes up slightly higher than the hip. Your foot is flexed. Pulse the heel upward 3 times before returning to the start position.



**Top Tip** Keep your spine flat and abdominals engaged throughout. Keep the lifted foot flexed and imagine kicking up with your heel to really activate the glutes.

# Twisters

## *Why she does it*

Perfect waist trimmer as well as working the core and shoulder stability.

## *How she does it*

Repeat 8-12 each side.

## *Position*

Lie on your right side with your elbow on the floor directly under your shoulder. Your hips are stacked and your left foot is on top of the right or fractionally in front. Lift the hips to form one straight line from head to heel. Your left hand is at the side of your head, elbow pointing upwards.

## *Action*

Keeping your hips lifted, rotate the left elbow forward to the right hand and then return to start.



**Top Tip** Try to make sure that you keep your hips held high as you lower and

# Can Can Pikes

## *Why she does it*

Works the waist and abs.

## *How she does it*

Repeat 8-12 each side.

## *Position*

Sit on the floor balancing on the right hip and right forearm. Your knees are bent at a 90-degree. Pull the knees up towards your chest.

## *Action*

Extend your knees out and away from your body, drawing the abdominals in. Return to start position and repeat.



**Top Tip** Really focus on engaging your abdominals throughout.

# Starfish

## *Why she does it*

Works your lower back muscles.

## *How she does it*

Repeat 8-12 times.

## *Position*

Lie face down, feet together or hip width apart and hands by the side of your head.

## *Action*

Engage your lower abdominals so your belly button is pulled up and inwards. On an exhale lift the upper body (chest and shoulders) off the ground as well as the lower legs. If you're new to this move start by just lifting the upper body.



**Top Tip** You can widen the distance between the legs if you feel discomfort or, alternatively, you can do this exercise keeping your feet on the floor.