



that girl method

weeks 3-4

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!

Hip Bridge with Thread the Needle

Why she does it

That Girl signature move! Works your butt, abdominals, hamstrings and calves whilst improving your stability and strengthening the lower back.

How she does it

Repeat 8-12 x each side.

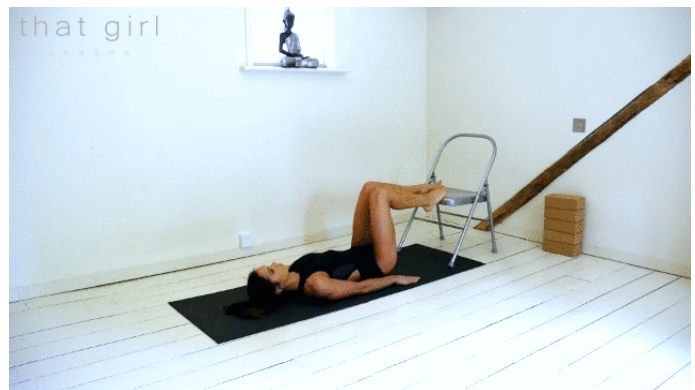
Position

Lie down on your back, arms alongside the body with your left leg bent at 90 degrees and resting the heel on a chair. Your right leg is in the air bent at a 90 degree angle.

Action

Tighten your abdominals as you lift the hips towards the sky. Contract the left buttock so that your torso and pelvis are in a straight line. The movement is smooth and controlled.

Allow the right knee to drop open to thread the right foot under the left leg. As you do this there will be a natural tilt of the hips but be sure to keep this to a minimum. Reverse the movement and lower the hips back down to the floor.



Top Tip Remember to push through the heel when you thread the other leg to really engage the bum, it's a subtle movement and the focus is to activate the glute.

Liza Lunges

Why she does it

Great to work the butt and tone both the inner and outer thighs. Also challenges co-ordination and balance.

How she does it

Repeat 8-12 each side.

Position

Stand with feet together with your arms by your side.

Action

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 firmly on the ground. Now, step the right leg diagonally behind you into a curtsy position whilst the left knee bends to 90 degrees. Your fingers reach to the floor as you bend deeply into the lunge keeping the chest lifted.



Top Tip Make sure you bend at the hip to sit down into the lunge at 90 degrees (rather than just reaching the hands to the floor).

Caterpillar Jumps

Why she does it

This is great full body move that gets your heart rate up and strengthens the upper body.

How she does it

Aim for 30 – 45 secs working up to a minute.

Position

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

Action

Soften the knees and draw the abdominal in. Bend forwards to place the hands on the floor. From here walk your hands out until you come into one straight line keeping your back straight and your neck long.

Walk the hands back towards the feet and, softening the knees, spring up and jump around to walk out in the opposite direction. You can modify the move by keeping the jump low or by stepping around.



Top Tip If the back of your legs are tight then allow the knees to bend more. Be mindful to keep your abdominals engaged and avoid slumping the back in the plank position.

Squat to Plié

Why she does it

That girl signature move! Works the bum and entire muscular structure of the legs whilst challenging co-ordination, balance and flexibility.

How she does it

Repeat 8-12 each side.

Position

Stand in a slight pigeon toed position and send the hips back and down to sit your hips just lower than your knees. Hands are clasped together in front of your chest.

Action

From the deep squat position ensure that your weight pressing down through the right heel. Dynamical propel your body weight upwards as you step the left leg out into a deep plié squat. The toes are turned out and your stance is wide. Allow the hips to drop below the knees. Pushing off the left foot, return to the narrow squat position and repeat.



Top Tip You can add extra resistance by holding a kettle bell or medicine ball at chest height.

Squat Jump Backs

Why she does it

A great leg burner that gets your heart rate pumping.

How she does it

Aim for 30-45 secs working up to one minute.

Position

Come into a squat with your hips just a little lower than the knees and weight back into your heels. Your chest is lifted, gaze forwards and arms reached out in front of you.

Action

From the squat, place your hands on the floor and jump your feet back into a plank position. Jump the feet up towards the hands as you bring yourself back into the squat position.



Top Tip It's best that you don't come out of the squat, as that is what really

Pistol Sit-Downs

Why she does it

Great bodyweight exercise that combines strength, flexibility and a certain amount of grace.

How she does it

Repeat 12-15 each side

Position

Stand in front of a chair with your right leg elevated in front of you. Arms reaching out in front of you.

Action

Placing your weight through your left heel, hinge at the hips to sit your bum back to touch the chair seat. Return to start position. Be mindful to root your bodyweight down through your heel.



Top Tip This is a tough move and if you find it too hard to begin with then place the toes of the lifted leg on the floor for extra support as you build up strength.

Plank Jacks

Why she does it

Works the core and gets the heart pumping –a perfect combo.

How she does it

Aim for 30-45 secs.

Position

Come into a plank position on your forearms with your feet together. Shoulders are in line with your elbows, gaze down and body in one straight line.

Action

Draw your abdominals in to initiate the move and jump your legs apart a little wider than hip width and return to your start position.



Top Tip You can also perform this exercise with your hands on the ground in a press up position.

Pull-Ups

Why she does it

Strengthen the upper body.

How she does it

Repeat 8-12 times.

Position

Lie underneath a (strong) chair, legs bent at 90 degrees, heels firmly rooted on the floor. Hold either side of the chair seat, palms facing inwards.

Action

Push down into your heels and squeeze your butt as you use your arms to pull your bodyweight up so that your chest touches the chair (or as close as you can get). Lower your body, slowly with control, back to the floor.



Top Tip Engage your abdominals, push down through your heels and use your butt to help you pull up. Be mindful not to arch your back. You can also use a TRX from a door or ceiling for this exercise.

Plank Pick Ups

Why she does it

Works your butt, abs and shoulders.

How she does it

Repeat 8-12 each side

Position

With both feet resting on a chair, walk your hands into a full plank position. Your shoulders are in line with your wrists, spine straight, gaze to the floor.

Action

Bend the right leg at a 90-degree angle with foot flexed to start the move. Draw the right knee down in line with the hips and then extend it back up to just above hip level. Push through your heel as you squeeze the butt.



Top Tip You can also do this exercise on the floor or a lower step, resting on your forearms if you prefer. Move with intention focusing on using the butt muscles to float the leg up whilst keep the core strong so as not to arch the back.

Sweeping Side Plank

Why she does it

This is a great challenge that works the waist, shoulder stability and the outer thighs.

How she does it

Repeat 8-12 times on each side.

Position

Come into a side plank position balancing on the right forearm. Your shoulder is in line with your elbow. If you find it hard to balance with one foot on top of the other, then rest it just the top foot slightly in front. Your left hand is at the side of your head, elbow points to the sky.

Action

Rotate your left elbow towards the right hand keeping the hips lifted. As you return, raise the top left leg upwards with control.



Top Tip Focus on keeping the hips lifted throughout the move. If you find this difficult then focus on just the upper body rotation keep the leg still.

Mountain Climber

Why she does it

Gets your heart rate as a great little interval in the workout.

How she does it

Aim for 30-45 secs working up to a minute

Position

Come into a full plank position with hands just a little wider than shoulder width. On your forefeet with one leg fully extended back and the other leg bent at the knee, under the body.

Action

Keeping the upper body in place explosively alternate knees to chest as fast as you can.



Top Tip If you have a wood floor you can also do this exercise with your feet on paper plates, gliding alternate knees to chest.

Alternate Oblique Curls

Why she does it

Works the abdominals and obliques.

How she does it

Repeat 10-15 (right and left equals 1 rep)

Position

Lie on your mat with your hands behind your head, elbows wide. Your legs are in the air bent at 90 degrees. Lift the shoulders, neck and head off the mat.

Action

Rotate the left armpit towards the right knee as you extend the left leg out in front of you and return to neutral. Now twist to the other side as you change legs keeping the elbows open.



Top Tip As you perform the exercise push your lower back into the mat and draw your abdominals downwards. The lower you extend the leg the harder this exercise is. Work at a level you feel comfortable.