

MASTER THE MOVES

These two HILIT moves are great for stability and building overall muscle strength.

1 Single-Leg Hip Bridge



2 Side Plank Rollover



5

QUESTIONS FOR SARAH

1

WHAT'S IN YOUR GYM BAG?

My training journal or notebook, to track my programs and weights. You gotta know what you're doing.

2

WHAT DO YOU EAT FOR BREAKFAST?

Scrambled eggs and toast, every day.

3

WHAT INSPIRES/ MOTIVATES YOU?

Finding something I'm really passionate about, and then getting better at it. Honing a skill is really motivating to me.

4

HOW DO YOU SUPPORT/ENCOURAGE CLIENTS WHO ARE STRUGGLING?

I remind them to just show up. Try your best for that day—something is better than nothing. And find something you enjoy. Once you find the reason that makes you actually go to the gym, you can build from there.

5

WHAT'S YOUR MANTRA?

"Get the job done." It's not always going to be fun. It's work. It's really, really hard work. Do the thing, be done with it, and move on.



WATCH THE WORKOUT
Hover your phone's camera over the smart code for our 30-minute HILIT workout.