



COME  
BACK

*fitter!*

Don't undo your hard work on your summer break. Try this workout from Lucy Mecklenburgh and her PT Cecilia Harris, co-founders of Results with Lucy, so you can stay in shape and still have fun in the sun

WORDS: Joanna Ebsworth

MAIN PHOTOGRAPH: Results with Lucy

**Y**ou've worked hard for your fabulous bikini body, so why let all your training go to waste

once you arrive at your sunshine destination? 'Exercise should be a part of your lifestyle, so you shouldn't stop working out just because you're on holiday,' says Lucy Mecklenburgh's personal trainer, Cecilia Harris. 'The saying, "if you don't use it, you lose it" is so true, so keep the momentum going with my quick HIIT (high-intensity interval training) workout (page 54) that you can do any time, any place, to maintain your fitness levels and keep your metabolism firing to burn away those empty calories from indulgent treats.' Do this workout every day while you're away, and you might just end up going home in better shape than when you left!

#### LUCY AND CECILIA'S HOLIDAY WORKOUT

'With bursts of movement which require lots of energy, this full-body HIIT workout is tough, but very effective,' says Cecilia. Do each cardio move in the order given for 30 seconds, with a 10-second rest in between. The aim is to perform a session of three circuits every day, but even if you only manage one circuit, you'll still be burning loads of calories. I recommend doing it first thing in the morning before breakfast, so you can then spend the rest of the day as you wish, knowing you've already done something great for your body.'



**'On holiday, I do a quick 10-minute workout before going down to breakfast or the pool.'** LUCY MECK

**THE CIRCUIT** ● Jumping squat ● Boxing ● Half burpee to squat ● Mountain climber ● High knee jog  
30 secs each move; 10 secs in between. That's one circuit. Rest for 40 seconds; repeat twice more.

## Jumping squat

■ Standing with your feet slightly wider than hip-width apart, bend at the knees and hips to perform a standard squat, raising your hands up in front of your body (A).

■ Engage your core and explosively jump into the air, driving hard through your legs and balls of feet and keeping your body poker straight (B).

■ When you land, bend your knees and lower your body back into the squat position (A) to complete one rep.



## Boxing

■ Stand side on with your right foot in front of your left foot and your head and torso facing to the right. Bend your arms at the elbow and raise your fists to chin level. Engage your core and put your weight onto your left foot, leaning back slightly (A).

■ Extend your right arm in a jabbing motion so that it's straight out in front of you, shifting your bodyweight forwards into your right foot (B). Return to (A) for one rep. Continue for 30 seconds. Swap sides during the next circuit.

## Half burpee to squat

■ Start in a wide-legged plank, with your hands beneath your shoulders and your body in a straight line from your head to your heels (A).

■ Jump forwards into a wide-legged sumo squat, bringing your fists up to your chest (B).

■ Lower your hands to the floor, jump back to the starting position (A) to complete one rep.



## LUCY'S HOLIDAY BEAUTY ESSENTIALS



'I adore the Lancaster Tan Maximizer Soothing Moisturiser Repairing After Sun (£26 for 400ml; lookfantastic.com). It's the best after-sun ever, prolonging your tan and smelling incredible!'



'I always use Piz Buin sun protection. I use its Allergy Sun Sensitive Face Cream SPF50+ (£7 for 50ml; boots.com) on my face as I have sensitive skin, and I use an SPF 20 or 30 on my body.'



'I do a hair mask before I go away and another while I'm on holiday. The Pureology Strength Cure Superfood Treatment (£28.55 for 170g; allbeauty.com) really works.'



'For the evening, I love wearing the Tom Ford Soleil Blanc Shimmering Body Oil, (£72 for 100ml; tomford.co.uk). It looks amazing with a tan and has a wonderful fragrance, so you don't need to wear perfume.'



## High knee jog

■ From standing, raise your left knee and your right arm in front of your torso, then hop and switch so your right leg and left arm are in front of your torso.

■ Immediately switch again and continue by mimicking a running movement on the spot for 30 seconds. Stay on the balls of your feet and keep your core engaged and knees high.

■ You've now done one circuit. Rest for 40 seconds, then repeat twice more (if you can)!



## Mountain climber

■ On the floor, get in a plank position on your hands and feet, palms wider than shoulder-width apart. Keeping your core braced and shoulders over your wrists, draw your right knee in to your chest, or as far as your flexibility will allow, (A), then switch legs in one smooth motion to bring your left knee into your chest as you extend your right leg back (B).

■ Keep alternating your legs back and forth – the faster you go, the harder you work.

### READER OFFER!

Results with Lucy is offering H&F readers £5 off their first month of Fitness, Food & Mindset. Visit [resultswithlucy.com](http://resultswithlucy.com) and enter the code: **HFITNESS5**

## LUCY'S TRAVEL KIT

'I love taking a selection of maxi dresses on holiday as they're super comfy. Zara's a good favourite. I like bright colours and prints, like this Zara Colour Block Camisole Dress (£29.99; [zara.com](http://zara.com)), but I always pack a white one for the last night.'

'A portable speaker such as the Ultimate Ears WONDERBOOM Bluetooth Waterproof Portable Speaker (£59; [johnlewis.com](http://johnlewis.com)) is a must – I love to listen to music during workouts and when I'm getting ready for a night out.'

'I always take a neck cushion with me, like the BCOZZY Chin Supporting Travel Pillow (£29.97; [amazon.co.uk](http://amazon.co.uk)) – not just for the plane journey, but also for those long transfers to your resort. They're the best thing invented!'

'A resistance band is the cheapest, lightest and most effective piece of fitness equipment you can take anywhere. I like material ones like this Teknifit Booty Builder Glute Activation Band (£16.99; [amazon.co.uk](http://amazon.co.uk)).'



## CECILIA'S AGELESS CONFIDENCE TIPS



**Daunted by the prospect of wearing swimwear on the beach? Cecilia explains how to keep feeling your best**

■ 'Accept your age. I had a panic at 45 that I was getting older, so I had a pep talk with myself where I accepted the fact I was getting older and that there was nothing I could do to change it. It was a massive comfort and freedom from stress.'

■ 'Enjoy your age! You've gone through all the heartache of being younger – now enjoy being on the other side. Be you again. Not just a mum, or a wife, and be comfortable in your own skin. It doesn't matter if you have grey hairs, wrinkles or sagging skin. Embrace it all!'

■ 'You can decide to start taking better care of your body or embarking on a different lifestyle at any age. And once you do, you'll feel younger. I look at pictures of myself 10 years ago and I look better now, without a doubt. Have respect for your body.'

■ 'Be consistent in your fitness routine and eat nutritious food. Once you hit your 40s, your metabolism slows down, so you have to work harder and pay more attention to what you eat or you'll gain weight much quicker than you used to.'

■ 'Just put a bikini on (or whatever you feel comfortable in) and rock it! Age isn't a barrier to wearing swimwear – it's about how you feel.'