

TONE UP on vacation

Don't undo your hard work while on your summer break. Stay in shape *and* have fun, with circuits you can do anytime, anywhere

You've trained for months to get your fabulous bikini body, so don't let it go to waste once you arrive at your sunshine destination. Staying toned needn't take long. 'Doing spurts of exercise throughout the day can give you just as good results as a 60-minute workout,' says A-list personal trainer Dan Roberts (danrobertstraining.com). The key is to train smart by working as many muscles as you can and putting in maximum effort. Try these mini-circuits each day and, coupled with a bit of dancing in the evening, you'll go home in better shape than when you left!



ONE-LEGGED HIP THRUSTS

Works: glutes, legs and core

Lie on the floor with one foot on a chair, the other crossed over your leg with your ankle resting just below your knee, and arms to your sides to support you (a). The closer your bum is to the chair, the harder you'll work your glutes. Then, lift your hips off the floor and thrust them upwards as high as you can, pausing for one count at the top and squeezing your glutes (b), before lowering back down. Do as many as you can for one minute, rest for 30 seconds, then perform for one minute on the other leg before another 30-second rest.



STAR FISH PLANK

Works: your core, obliques (side abs), hips and saddlebag area

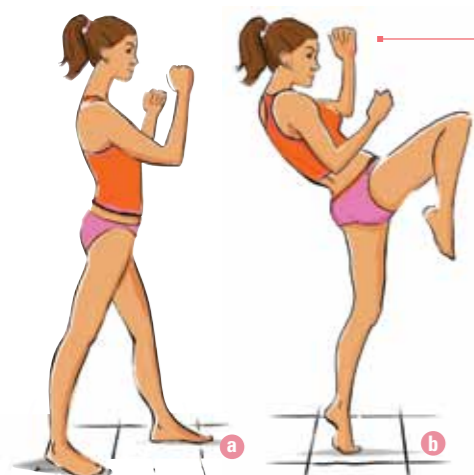
Lie on your right side with your legs straight and feet stacked on top of each other. Place your right elbow under your right shoulder with your forearm out in front of you, engage your core and lift your hips, so your body forms a straight line (a). Stay here if you're a beginner. Fancy a challenge? Raise your upper leg and arm (b). Hold for 60 seconds, rest for 30, then repeat on the other side.



KNEE STRIKE

Works: lower back, glutes, hips, legs and core

Stand with one foot in front of the other, core engaged and hands held up as if to 'protect' your face (a). Raise your back leg off the floor, lifting your knee upwards as if kneeing someone in the groin! Make sure you thrust your hips forward and lean your torso back slightly (b). Return your knee to the ground and do as many as you can for one minute. Take a 30-second rest, then repeat on the other leg. Find this easy? Blast your lower body even harder by adding a deep squat between each knee-strike.



BALCONY BLAST CIRCUIT

Okay, so you might not have enough room to swing a cat on your balcony, but you can still wake up your metabolism and burn serious calories first thing in the morning or later in the evening with this space-saving workout. 'This routine will get your heart rate up and recruit lots of muscle groups in one go, targeting all the areas you really worry about showing in a bikini,' says Roberts. 'Do it before you get ready to go out while your boyfriend or friends are in the shower, and not only will you torch calories, it will also make you feel good knowing you're doing something positive.'

HOTEL POOL CIRCUIT

Even if your pool isn't big enough for lengths (or you don't fancy fighting through a sea of kids), try this aqua circuit to tone your upper body. 'There's a big misconception that swimming is boring and not that effective, but done properly, it's one of the best sports for burning calories and building strength and muscle tone,' says former Olympic swimmer and ambassador for Speedo's Swimfit campaign, Karen Pickering. 'It doesn't have to be monotonous lengths up and down the pool; mix it up with different techniques and equipment to keep things varied and target problem areas.'



PUSH ME PULL YOU

Works: arms, shoulders, back and core

Standing at least waist deep in the water, hold a pair of aqua dumbbells (try Speedo Aqua Dumbbells, £16; speedo.co.uk) in each hand, or use water bottles filled with sand or water. Push your left arm forwards through the water and pull your right arm backwards (a), keeping both weights in the water to increase resistance. Then, switch sides pulling your left arm backwards and pushing your right arm forwards (b), alternating your arms as fast as you can for one minute. Try twisting the direction of your torso to work your waist more, and jogging on the spot or doing knee raises to work your lower body.



BINGO-WING BANISHER

Works: triceps

This move concentrates on the backs of your arms. Stand waist deep in the water, with your arms behind you holding a dumbbell or filled water bottle in each hand, keeping your elbows bent and pointing upwards (a). Push the weights down into the water by straightening your arms, as if doing a tricep dip (b). Return your arms to the start position in a controlled manner – don't let the resistance allow the dumbbells to shoot back up to the surface. Continue for one minute.



UP AND DOWN

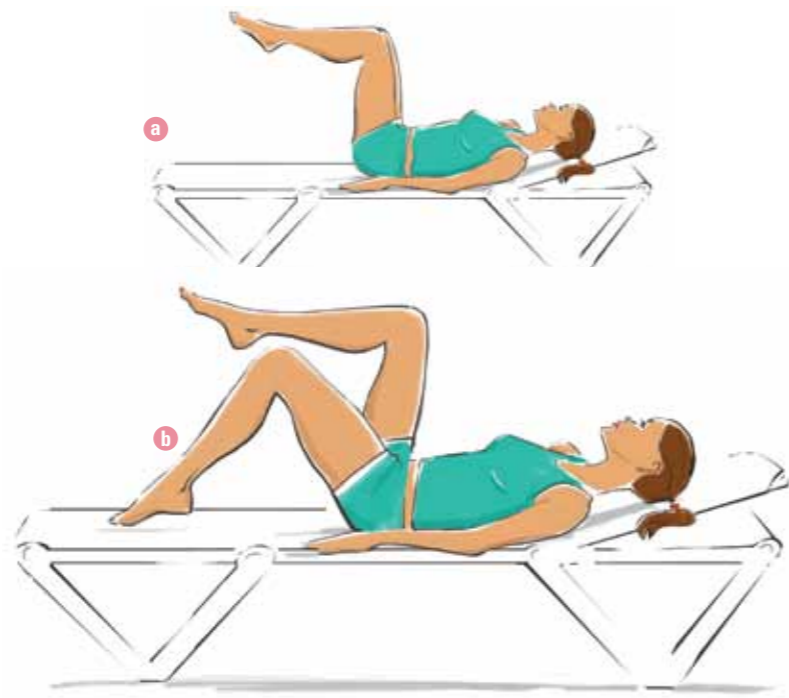
Works: arms and shoulders

Stand at least waist deep in the water with your hands resting on the surface holding the dumbbells or bottles in front of you, with your elbows out to the sides (a). The deeper you are, the greater resistance you work against. Straighten your elbows to push both arms down the front of the body (b), then return them back to the start position in a controlled fashion. Repeat for one minute. Now rest for 30 seconds, before repeating the mini-circuit twice more, taking another 30-second rest in between.



SUN LOUNGER CIRCUIT

Everyone wants a taut tummy for their hols, and this mini-workout will help you maintain the flat abs you've worked so hard for. While relaxing by the pool or at the beach on your sun lounger, take 10 minutes out from reading (or snoozing) for this routine from Pilates expert and celebrity personal trainer Caroline Sandry (carolinesandry.com). 'Pilates is the perfect exercise for flattening your tummy and building a strong core, and these moves are so simple and discreet, people will hardly notice you're doing them!' she says. 'Repeat this circuit two or three times for maximum results.'



PILATES TOE TAPS

Works: your core and abs

Lie on your back and lift one leg at a time, bending your knees to 90° (a). Contract your abs as you lower one foot to tap the floor (b). Inhale to return. Alternating your legs, repeat 12 times on each side, keeping your abs flattened and engaged, and your spine completely still. As you progress, straighten your leg out as you lower it. Only lower your leg as far as you can, while still keeping your spine still and stomach flat.



OBLIQUE ROLL BACK

Works: your core and the sides of your waist

Sit with your knees bent, feet on the lounger and arms in front of you at shoulder height (a). Inhale, then exhale and draw your tummy in as you twist to the right, opening your right arm behind you (b). Inhale and sit up, bringing your arm back in front. Exhale and repeat to the left. Repeat eight times each side, keeping your abs in and legs still.



SWIMMING

Works: core, lower back and glutes

Lie face down with your arms overhead and your legs outstretched, hip-width apart with a slight outward rotation (toes pointed and turned out). Inhale to prepare, and exhale to lengthen and raise all four limbs from the floor, your head lifting in line with your spine (a). Inhale to lift right leg even higher (b), and then exhale to lower it and lift your



opposite leg. Continue, in a kicking style, as if slow-motion swimming, for 12 reps. Speed up the movement, as if splashing in a pool, and inhale for five kicks, exhale for five kicks, repeating a series of 20-30 kicks. Push back into a shell stretch (child's pose) afterwards to lengthen your back; sit on your heels and put your head down on the floor, with your fingertips by your toes. Take several deep breaths.

BEACH TOWEL CIRCUIT

What better place to work out than on the beach? While training on sand challenges

your body to maintain stability, introducing a beach towel into basic moves makes you work even harder. 'It's an unlikely fitness item, but a towel allows you to create tension in your muscles for a different type of isometric training,' says health and wellness coach Jackie Diss (jackiediss.co.uk). 'And if you fold it up, you can use it for gliding moves to add directional changes.'



LUNGE WITH ISOMETRIC PULL

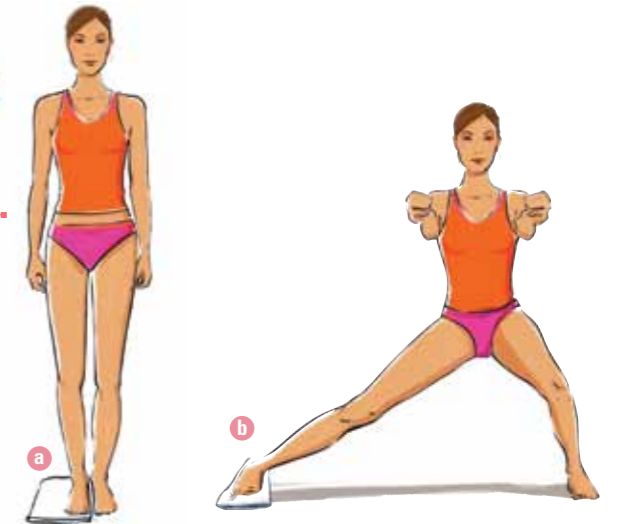
Works: upper body, core, glutes and legs

Stand with your feet hip-width apart with a towel in your hands, a little wider than shoulder-width apart. Straighten your arms out in front of you and pull against the towel, keeping your shoulders down (a). Engage your core and lunge forward on your right leg, still pulling against the towel (b), then drive back up to standing. Repeat on the same leg for 30 seconds, then change to the other side and repeat. Rest for 30 seconds, before moving straight onto the next move.

GLIDING LEG SQUAT

Works: glutes and legs, including your inner and outer thighs

Stand upright with your right foot on top of a folded towel and your left foot on the sand (a). Slide your right leg out to the side while raising your arms in front of you (b), then draw it back in, squeezing your inner thighs together and lowering your arms. Repeat on the same leg for 30 seconds, then change to the other side. Rest for 30, before moving on to plank.



WAX ON PLANK

Works: core, arms and shoulders

Lie on the floor with your hands beneath your shoulders, a folded towel under one of them. Contract your core and lift up into plank, keeping your back straight. Now, draw little circles with the hand on the towel for 30 seconds, before swapping the towel to the other hand. Rest for 30 seconds. Then repeat the entire circuit once more.



HOLIDAY LIKE A CELEB WITH THESE FUN ACTIVITY IDEAS

HELLO SUNSHINE!

Make like Miley Cyrus and Jennifer Aniston and start your day by performing a series of sun salutations (both have recently been papped doing it). Not only will you be giving thanks for the amazing weather, you'll also wake up your entire body with this set of flowing yoga poses. Google the sequence, print it off before you go away and perform on your balcony or at the beach, taking in the beautiful sights and sounds.



SEE THE SIGHTS

There's no better way to get acquainted with the area you're staying in than with a spot of sight-seeing. Whether you're strolling around picturesque towns à la Justin Timberlake and Jessica Biel, or hiking the hills like Mel B with her family and entourage in tow – your friends will do equally well – you'll also burn calories and tone your legs, ensuring you continue looking good in your bikini.



MAKING WAVES

Cameron Diaz, Kim Kardashian and Beyoncé regularly indulge in their love of water sports on holiday. Okay, it makes it easier when you're onboard a yacht kitted out with all the latest equipment, but you can still try a spot of snorkelling, diving, stand-up paddle boarding, wind surfing or jet ski-ing – and have fun while learning a new skill and burning calories.

