



Let's
damn



Presenter of the Ministry of Sound's new *Pump It Up Powermix* fitness DVD, professional dancer **Dominique Tipper**, 24, reveals why she loves to boogie and gives you some great moves to try at home

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If you want to burn fat, get fit and have fun at the same time, I can't think of a better way to do it than dancing. You get a bit of everything you need for a healthy body – including improved cardio fitness, strength, flexibility, balance, posture and coordination – and it also helps boost your self confidence. Most people love a boogie, but not everyone has the confidence, time or money to attend dance classes and reap all the benefits. That's why dance workout DVDs are so brilliant, because you can practise your moves and improve your fitness in the comfort and privacy of your own home.

It's important for my job that I look good and stay in shape, but I hate exercising in gyms because I find them a bit soul destroying. Instead, I often work out at home with DVDs – I've got some dance ones and some old-school ones by Jane Fonda that my mum used to do – so I was really excited when the Ministry of Sound asked me to be the new presenter of its eighth fitness DVD, *Pump It Up Powermix*. As with all the Ministry of Sound's fitness DVDs, it has a really uplifting and energising soundtrack featuring all the biggest tunes from 2009, including Dizzee Rascal's *Holiday* and *Bonkers*, and *I'm Not Alone* by Calvin Harris – but this time, we've tried to make it much more approachable and user-friendly for women of all ages, fitness levels and abilities.

The girls who dance with me are all different shapes and sizes and we're not all dolled up with loads of make-up and big hair. The workout was put together by dancer and choreographer Gareth Walker, who's worked with stars from Pink to Take That. He has also trained in fitness so he knows how to create an effective, fun and safe workout that breaks down every move step-by-step so you can pick them up easily. After the warm-up, there's a toning section with lunges and squats to work your bottom and legs, then you have two high-energy sections to suit different levels. Finally, there's an abs workout and cool-down at the end.

I think this workout is really effective and I noticed my stomach became a lot flatter after doing it so many times during rehearsals for filming. There's lots of scope to progress your fitness and dance ability, and as long as you always do the warm-up and cool-down, you can do as few or as many of the sections as you like until you're fit enough to do the whole thing.

I've been dancing professionally for five years, and have been blessed to dance for some amazing people such as Rihanna and Pixie Lott, go on tour with Boyzone and dance on the live *X Factor* shows for a couple of years – dancing with Cheryl Cole to her first number one single, *Fight For This Love*, was one of the most amazing experiences of my life, alongside being one of the girls who gets up on stage and mimes in the Mark Ronson video for *Valerie*. I love the adrenaline rush you get from doing live performances – you put your heart and soul into the performance and then you can relax again after.

Dancing is about being in the moment, giving your all and enjoying yourself, so try to have the same attitude when you're doing this workout. Wear a good pair of trainers and a sports bra and have fun dressing up. Pull on some sweatbands and dig out your hotpants! Even if you don't do the DVD workout, put music on, try some of the moves I've demonstrated over the page and get moving in your front room – you'll soon be on your way to a fitter, healthier body and a more energised you! ➤

TRY THESE

Seven taster moves created by **Gareth Walker** to help you tone up and get fit

1. ARM PUNCH SIDE TAP

WORKS: Arms, waist and cardiovascular fitness

HOW: Standing with your feet together and arms bent, fists by your shoulders (a), twist your waist so your hips follow the line of travel (b) and move your right arm across your body towards the left. Step your right leg out to the side so the ball of your foot touches the floor. Your shoulders, knees, hips and toes should all be facing the left. Keep your chest up as you punch your arm to the left, keeping your elbows and knees soft (c). Bring both feet together and repeat on the opposite leg, taking one count of the music to punch and step and one count to return to the start position. Alternate once to the right and once to the left, and repeat eight times.



2. REPEATER KNEE

WORKS: Thighs, gluteals and cardiovascular fitness

HOW: From standing, turn your body slightly to the right so your shoulders, hips, knees and feet are all facing the same direction. Step back with your left leg so the ball of your foot touches the floor, bend at the right knee and lean very slightly forward. At the same time, punch your left arm out in front of you, level with your shoulder, taking care not to lock out your elbow (a). Raise your left leg, straightening your right, and bring your fists to your hips (b). Take one count to step and punch and one count to bring up your knee. Repeat four times, then change direction to face the left, and perform on the other side four times.

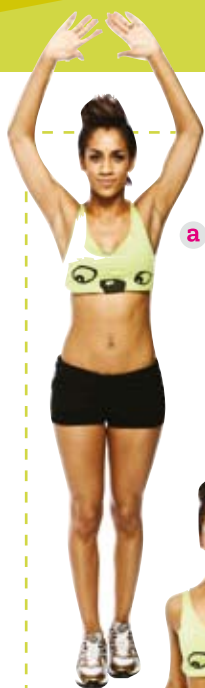
3. SQUAT AND LIFT

WORKS: Thighs, gluteals and abdominals

HOW: Stand tall with a neutral spine, abs engaged and feet together (a). Take a step to the right so your feet are in a '10 to two' position. Squat down so your knees are over your toes and reach your hands above your head (b). Lift your right leg and straighten your left leg at the same time. Lift your right knee, and pull your arms down to waist height, keeping your chest lifted and maintain a neutral spine (c). Lower back into a squat and raise your arms back above your head. Take two counts to squat down and two counts to lift the knee. Squat deeper to make the move harder. To make it easier, place your arms on your hips or take the knee lift out. Repeat eight times on one side, then swap to the other side and repeat eight times.



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4. STEP KNEE LIFT

WORKS: Thighs, gluteals and abdominals
HOW: Take a small step forward on your right leg and lift both arms above your head (a). Pull both arms down by your sides and lift your left knee up at the same time (b). Lower your left foot to the floor, placing all your weight onto your left leg and raising your arms above your head. Lift your right knee towards your chest and pull your arms down.

This is a travelling move, so continue to step forward and raise your knees alternately twice more, then go backwards for four, alternating knee lifts. Engage your abs while lifting the knees. To make this harder, move more by taking bigger steps and to make it easier, place your hands on your hips and stay on the spot.

PLUS!

Turn to page 122 to see this month's fantastic *H&F* subscription offer of a free Ministry of Sound *Running Trax* album, worth £12.99.



5. SQUAT AND RISE

WORKS: Inner thigh, quadriceps and gluteals, calves
HOW: Stand tall with a neutral spine and keep your abs pulled in (a). Take a step to the right, placing your feet in a '10 to two' position, and squat down. Move your right arm across your body (b). Stand up, pushing off the ground with your left leg, straightening it, then slide it behind your body, making sure you keep your foot in contact with the floor. At the same time, swap arms so your left arm is across your body (c). Lower back into a squat and change your arms back so your right arm is across your body, taking two counts to squat and two counts to rise. Repeat eight times before swapping legs.



6. BACK LUNGE

WORKS: Quadriceps, hamstrings, gluteals
HOW: Stand tall with a neutral spine, feet together and hands on hips (a). Step your right leg back and lunge down so your right knee almost touches the floor, making sure both knees are at a 90° angle. At the same time, raise your right arm in front of you. Ensure your chest is up and your abs are engaged (b). Return to start position. Take two counts to lunge down and two counts to return to the start position. Repeat eight times and then perform for eight on your other leg (c).

7. SQUAT THRUSTS

WORKS: Gluteals, quadriceps
HOW: With your hands on your hips, take a wide step to the side and position your feet at '10 to two', keeping your knees in line with your toes. Lower into a squat, and hold for eight counts (a). Make a small pulsing movement forward with your pelvis while squeezing your bum, maintaining a deep squat (b). Pulse forward on each beat of the music. Do 32 small pulses forward. ■

