



Get an A-LIST BEACH BODY

We reveal shape-up secrets from top celeb personal trainers so you can head on holiday with confidence

Wish you had a celeb-style personal trainer to whip you into goddess-like shape for summer? Well, call us your fairy godmother. *H&F* has tracked down four of the world's top celebrity personal trainers responsible for getting some of our favourite A-list women into perfect shape, and asked them to share their most effective moves, guaranteed to reshape your body quickly, get you bikini-ready and see you looking hot, hot, hot in just four weeks.

A-list attitude

Before you begin the quest for your A-list body, remember that for best results, you need to commit yourself to some hard work. It's essential you also start the programme with a positive frame of mind – and maintain it. 'Losing weight and toning up is as easy or as difficult as you want to make it,' says James Duigan, personal trainer to Elle Macpherson for over 10 years. 'The secret to looking great is that there is no secret. You're in charge of your body. You decide whether or not you want to look your best. Accept you're choosing to make the most of what you have and that exercise and a healthy diet are now part of your life.'

Be realistic about what you can achieve. You won't suddenly grow taller, change your basic bone structure or get longer, model-like legs, but you can dramatically tone up your figure to give your body a longer and

leaner appearance. 'No one is perfect, but the difference is that many celebrity women choose to make an effort and train regularly to make the most of their bodies – and you can do the same,' says Duigan.

Healthy diet

For maximum results, combine this workout with a healthy diet, ideally Your Bikini Body Boot Camp Eating Plan (page 72). However, a common-sense approach to food can also work. 'If you eat plenty of good quality, lean protein, leafy green vegetables, oily fish and salad and make this a staple part of your diet, your body will be fine and you'll drop fat,' says Duigan. 'But if you constantly try to cheat your system with low-fat foods that are often packed with sugar and salt, it can be hard to get results. Try to avoid bad fats that can damage your health, but enjoy the good fats found in oily fish, nuts and olive oil, which can help you metabolise fat and give your body the nutrients it needs for strong hair, teeth, nails and bones.'

How to do the workout

- * Start each workout with a five minute warm-up. Jog on the spot, walk up and down a flight of stairs or walk on the treadmill if you're at the gym, gradually increasing the speed and intensity until you feel slightly out of breath.
- * Our A-list circuit consists of eight exercises, and you should aim to do the circuit twice in one session, which should take around 30

minutes. Make sure you follow the circuit in the order shown below, for the duration or number of reps given in their explanations.

- * Many moves in this circuit mix resistance training with cardio to get your heart rate up and help you burn maximum calories, so you don't need to worry about doing any extra cardio. If you wish to do more, keep it to 10–20 minutes of running after performing the circuit – these moves are intense so you really won't be able to manage much more.
- * For the best results, try to do our A-list circuit four times a week and have a rest day after each session to help your muscles recover. You can encourage further fat burning by upping your levels of daily moderate activity – go for power walks before or after work or during your lunch break, or enjoy a gentle swim on a rest day.
- * Don't forget to cool down and stretch out your muscles after your workout. This will help lengthen your muscles after they've been contracted during your exercise session, so you can maintain a longer, leaner look.

DO THE MOVES IN THIS ORDER

1. **Low-as-you-can-go lunges**
2. **Booty blasters**
3. **Medicine ball burpees**
4. **Crossover lunges**
5. **Plié squats**
6. **Ultimate fighter shoulder roll**
7. **Plank with toe drop**
8. **'X-man' diagonal abs crunch**



Personal trainer
Tracy Anderson

Get... Shakira's waist!

When Shakira, 33, unveiled a sleeker, even sexier torso in her recent She-Wolf video, everyone wanted to know her secret. Step forward Tracy Anderson, personal trainer to many of Hollywood's elite including Gwyneth Paltrow, Kate Hudson, Courtney Cox (and until recently, Madonna) who's been putting the pop star through her paces up to six days a week to get her into the shape of her life. While Shakira has always flaunted her famous abs on stage during sensual dance routines, there's no denying her waist has been whittled down to even more minute proportions. The key to Shakira's newly toned torso is Anderson's famous 'Method' that focuses on working the body's smaller accessory muscles to pull in the larger ones for a lean, non-bulky figure. 'These moves might look simple,' says Anderson, 'but believe me, they are super tough and will get great results.' To find out more about Anderson's Method or to order one of her workout DVDs, visit www.tracyandersonmethod.com.



The moves

'X-MAN' DIAGONAL ABS CRUNCH

WORKS: Abdominals, obliques and core.

HOW TO DO IT: Lie on the floor, right hand supporting the head, feet spread wider than shoulder-width apart with legs straight. Keep your head and chest lifted off the floor in an upper abdominal crunch position throughout the move and all further repetitions. Reach your left arm straight on a diagonal above head so the back of the hand is a few inches off the floor (a). Keeping this arm straight to create your own resistance, lift the arm up and across the body on a diagonal as if reaching toward your left knee (b). Return your arm to the start position and repeat for 20–30 reps. Repeat with the right arm.



PLANK WITH TOE DROP

WORKS: Core

HOW TO DO IT: On a mat, hold your body in a full push-up position with arms straight and feet shoulder-width apart (a). Lift your right foot as you bend the right knee into your chest (b), then extend the leg back, keeping it at hip level. Finally, drop the right toe down to the ground (c). Repeat for 20 reps, then repeat with the left leg.



Fitness guru
David Kirsch

Get... Heidi's legs!

At 176cm tall, Heidi Klum, 36, is blessed with enviably long legs. But not one to take her Amazonian body for granted, the supermodel and mother-of-three exercises with New York-based fitness and wellness guru David Kirsch to keep her figure in amazing shape. 'I work out when I want to get toned for a job like Victoria's Secret fashion show or the *Sports Illustrated* swimsuit issue,' says Klum. 'With David, I know I'll get some real results because he'll kick my butt into shape!' Kirsch, who also trains actresses Liv Tyler and Ellen Barkin, told *H&F* that if you want shapely legs, you need to work some key areas: your gluteals, hamstrings, quadriceps and inner and outer thighs. 'The plié squats below get your inner thighs working, while the crossover lunges are the enemy of saddlebags!' he says. For more information on Kirsch's workouts, diets and range of supplements, visit www.davidkirschwellness.com.



The moves

CROSSOVER LUNGES

WORKS: Hamstrings, gluteals, inner thighs and hips.

HOW TO DO IT: Start by standing with feet shoulder-width, hands on your hips. Starting with your right leg, step forward and diagonally cross over your left leg while bending at the knee (a). Return to the start position (b) then repeat by leading with your left leg and crossing over the right foot (c). Do 20 reps.



STAND TALL

Good posture is a great figure-booster and can take pounds off you. A quick check you can do on the beach is to make sure your ears are over your shoulders and your shoulders are over your hips. This will ensure you're standing straight.

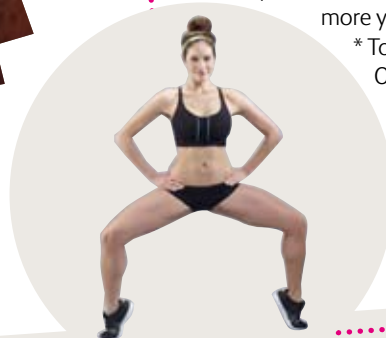


PLIÉ SQUATS

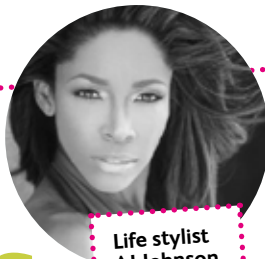
WORKS: Gluteals, inner thighs and calves.

HOW TO DO IT: Start with your feet wider than shoulder-width and turn your toes out (a). Keeping your weight pressed into your heels, turn your knees out and squat down for a count of two (b) and back up for a count of two, tucking your pelvis under. The more you engage the muscles, the more you'll shape your body.

* To advance the move, do plié toe squats (left). Once you've mastered the plié squat, increase the intensity by lifting your heels as you squat to put greater emphasis on your inner thighs and core. Do 20 reps. ➤



Get... Beyoncé's bottom!



Life stylist
AJ Johnson

Beyoncé, 28, is as famous for her bootylicious bottom as she is for her singing, dancing and acting talents. But the superstar openly admits she has to work hard to keep her curves under control. 'I'm a real woman. I'm not naturally skinny,' she says. 'I do circuit training and run two-and-a-half miles every day. If I don't, it'll be me on stage out of shape.' For help and guidance, Beyoncé turns to renowned life stylist, AJ Johnson, a former actress and dancer who offers fitness advice, life coaching and wellness to clients including singer Kelly Rowland and actress Emily Blunt. Johnson's two favourite exercises to lift, tone and shape the bottom are tough enough that you don't need equipment. 'Once you try the Booty Blaster exercise, you'll know why I named it as such!' she told us. For more on Johnson, visit her website, www.theajzone.com.



The moves

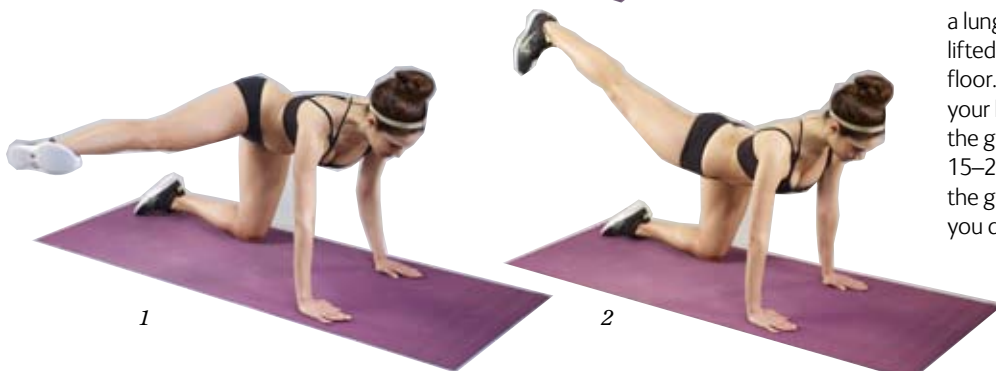
BOOTY BLASTERS

WORKS: Gluteals, core and thighs.

HOW TO DO IT: On your hands and knees, make sure your shoulders and hips stay as square to the floor as possible throughout the movement (a). **1.** Lift your left leg straight out to your side, so your leg is perpendicular to your body, as shown. Without letting that leg drop below your hip, do 25 leg lifts (the higher

you can lift, the tighter, more toned and sexier the butt), 25 leg circles, then 25 leg swings, moving your leg toward your shoulder then back until your leg is straight out behind you.

2. Then try 25 straight-leg lifts with your leg out behind you as pictured. Make sure your leg doesn't drop below your hip line. Switch legs and repeat.



LOW-AS-YOU-CAN-GO LUNGES

WORKS: Gluteals, hamstrings and quadriceps.

HOW TO DO IT: Step your left leg forward into a lunge and, keeping your core engaged and chest lifted (a), bend and drop your right knee to the floor. To make the exercise harder, hold a weight in your left hand. Lift your right knee half an inch off the ground and hold for 15 seconds (b). Then do 15–25 small lunges, gently tapping the back knee to the ground and trying to lift no higher than where you did the 15-second hold. Switch legs and repeat.

Get... Elle's arms and chest



Personal trainer
James Duigan

Elle Macpherson, 47, isn't known as The Body for nothing! Having graced the cover of the *Sports Illustrated* Swimsuit Issue a record five times, the six-foot supermodel, actress and businesswoman stays in incredible shape with regular workouts with her personal trainer James Duigan. 'James knows exactly how a woman wants to look,' says Macpherson. 'We started training together and he immediately understood that I wanted to maintain a long, lean, healthy body whilst retaining my femininity and curves.' Duigan, who also trains the likes of Hugh Grant in his exclusive South Kensington-based gym Bodyism (www.bodyism.com), recommends the following two moves to lift your chest, strengthen your shoulders and back and create definition in your arms for a super-toned upper body à la Elle. Look out for Duigan's new book, *The Clean & Lean Diet*, (Kyle Cathie, £12.99, on sale June 3), which contains healthy recipes, a 14-day kickstart cleansing diet and workouts.



The moves

ULTIMATE FIGHTER SHOULDER ROLL

WORKS: Whole upper body, including chest, shoulder girdle, arms and core.

HOW TO DO IT: Start by holding a 5kg Olympic disk or weight plate in both hands. Bend your legs slightly, keeping your abs tight and weight equally distributed through both feet (a). Slowly raise the disk to eye level, keeping your arms straight and core strong. Bend your arms and move the disk behind your head in a circular motion (b) and (c) until your arms are back to the start position. Do 10 in a clockwise direction, then 10 in an anti-clockwise direction.



CONFIDENCE BOOSTER

Being beautiful is about how you feel, not how you look, and that's the truth. When you're feeling beautiful, you look more beautiful. Exercise is a brilliant confidence booster and, when the results of regularly working out transfer over into your life, you feel and think stronger.

MEDICINE BALL BURPEES

WORKS: Shoulders, arms, chest, core and legs.

HOW TO DO IT: Holding a medicine ball as shown, start in a push-up position with weight equally distributed between your hands and feet (a). Jump your feet towards your hands (b), then stand up straight holding the medicine ball in the air, then jump up (c). Ensure your weight is equally distributed between each foot and your landing is soft. Once you've finished the jump, bend down and place the medicine ball on the floor, then jump your feet back into the start position, keeping your back straight and abs tight. Do 5–10 reps. Beginners should do the move without a medicine ball. ■

