

BIKINI BODY SECRETS OF THE STARS



The time for baring our bodies in bikinis is here again, causing us to fret over our figures and worry about our wobbly bits. But what if the arrival of the summer season didn't have to send you into a blind panic to drop a dress size in four weeks? What if your regular workout regime meant you were always on top physical form and had the body confidence to flash the flesh all year round? We've got the PTs of some of our favourite celebs to reveal how the stars' training regimes keep them strong, fit, supple and self-assured 365 days a year.

CAMERON'S *super sexy physique*

At 43, Hollywood actress Cameron Diaz is still sizzling up a storm on our cinema screens – and enjoying a sideline as an author, sharing her secrets on how to age beautifully. But the man responsible for keeping her in incredible shape for over a decade, celebrity PT Teddy Bass, says he can't take all the credit for her time-defying figure. 'It's her lifestyle choice of being so active, with everything from surfing to snowboarding, that keeps her so fit,' he says. 'She's constantly using her entire body.' Diaz agrees: 'I don't look at exercise as a chore. I like to move with purpose and pick up the pace.'

VARIETY IS KEY

'I combine dance, Pilates, weights, plyometrics and athletic cardio with Cameron for an enthusiastic core-centered workout,' says Bass. 'I like to keep things varied because that's what our bodies respond to. Always use your full range of motion and be sure to add flexibility to your exercises.'

JUMP TO IT

The dynamic duo's workouts alternate strength-training exercises such as plank push-ups, bent-over rows and glute bridges with a mixture of plyometric moves or sprints on the treadmill for a cardio burst. 'It's important to remember that if you want to gain strength and muscle, don't do as much cardio. If you want to lose weight, alternate more cardio in between your strength training,' says Bass.

BURPEE UPGRADE

We can't all live in LA with access to the surf 24-7, but you can still perform surf-style moves to achieve Diaz's shape. The move below from Bass is like 'popping up' onto a surfboard, to work your core, arms, quads and glutes.

● Stand with a dumbbell in each hand. Raise your hands above your head as you jump off the ground. As you land, still holding the dumbbells, drop down into a press-up. Do one mountain climber each side [lift knee towards chest]. Then a triceps extension [Lift the weight up behind you] with each arm. Jump forward into a squat, then stand up.

LONG, LEAN LEGS

Diaz has always been envied for her fantastic pins. When she's not hiking or playing golf, she does lunge and squat exercises that work her legs in all directions, toning them from hip-to-toe. Get the same effect with this Side lunge to curtsy move.

● Hold a dumbbell in your right hand by your side, standing tall with feet shoulder-width apart. Take a wide step to the left, bringing your right hand to your left foot and lowering your body into a side lunge by bending your left knee. Pause, then push back to the starting position and cross your left leg behind your right and lower down as you press the dumbbell overhead. Return to the starting position. Do 12 reps, then switch hands and legs to complete the set.

DAVINA'S *amazing abs*

At 48, mother-of-three McCall has the body of someone half her age – and it just keeps getting better. After developing her cycling, swimming and running endurance for her 2014 Sport Relief challenge, McCall teamed up with PT Ed Lumsden to take her workouts – and figure – to the next level, and is now fitter than ever. The secret? ‘There are three simple rules,’ explains Lumsden. ‘Train hard, train smart and train abs.’

EVERY SECOND COUNTS

McCall's regime now comprises seven-minute bursts of high-intensity activity which she squeezes in between jobs and the school run, or adds together for longer workouts when time allows. ‘It's all about maximum effort in the shortest time’, she says. ‘I don't train every day. I work and I'm a mum... but I do [train] at least three times a week. That's all I've been doing and I look really good on it’.



MCCALL'S TOP SIX-PACK MOVES

SINGLE-LEG PULSER

Lying on your back with your left foot flat on the floor, cross your right leg over with your right calf resting on your left thigh. Bring your left knee into your chest and squeeze as hard as you can 10 times. Switch sides and repeat, alternating for one minute.

DOUBLE CRUNCH

Lie on your back with your knees bent at a 90° angle and hands resting at your ears. Keep your lower back on the floor by tilting your pelvis towards you. Simultaneously raise your feet, head and shoulders off the floor. Squeeze and hold, then slowly return to start position. Repeat for 60 seconds.



DAVINA'S BODY-FAT BLITZ

Try McCall's seven-minute circuit. Repeat each move for one minute, then go straight onto the next.

- **DUMBBELL SWING** – holding a dumbbell out at chest height with both hands, bend forward at the hips, with your back straight, and swing the weight through your legs, then back to the start.
- **SQUAT THRUST TO STAND** – with your hands on the floor, jump both legs out, then back in, and stand.
- **SPRINT/JOG ON THE SPOT** – alternate jogging for five secs; sprinting for three.
- **JOG ON THE SPOT** – this will bring your heart rate back down.
- **PULSED SQUAT INTO JUMP SQUAT** – squat down, hold, pulse three times, then jump up as high as you can.
- **SQUAT THRUST WITH SPRINT** – squat thrust; do a three-sec, on-the-spot sprint.
- **JOG/RUN/SPRINT/SQUAT** – jog for three secs, run for three secs, sprint for three secs, then squat.

PUMP IT UP

Lumsden has introduced lots more strength work to McCall's training, focusing on technique, posture, speed, control and stability. ‘This means we can train the body harder without heavier weights, or train for longer – just by “training smarter”.’

TECHNIQUE IS EVERYTHING

Lumsden adds that he ‘completely changed the way McCall used her abdominal muscles’ by putting the main focus on the lower abs, pelvic position and TVA [transverse abdominis] activation. ‘This gives your lower back an incredible level of support, helps correct postural issues, and gives you killer abs,’ he says. Do the same by gently drawing your belly up towards your spine for every abs exercise.

KATE'S

lean and lithe look

Actress Kate Hudson, 37, has always been slim, but her sculpted look is the result of over a decade of hard work in the Pilates studio and gym. 'Kate's been working out regularly her entire adult life, and training with me for over 15 years,' says Hudson's personal trainer and Pilates instructor, Nicole Stuart. She makes it a priority to take at least 20 minutes out of her day to work up a sweat, no matter how busy she is. She's very active anyway and loves dancing, yoga, boxing, hiking and playing tennis. But if she's not doing that, she's running around after her kids. There's not a day that goes by where she does nothing at all.'

CHILD'S PLAY

Hudson carries a skipping rope in her bag so she can stay fit on the go. 'If she only has a few minutes free, she'll do some skipping – five minutes, four times a day adds up to 20 minutes of cardio', explains Stuart. Hudson's hooked. 'I love skipping because it's one of the hardest cardio exercises you can do, but it's so easy to fit into your schedule,' she says.

CONSISTENCY IS CRUCIAL

'You can't do two weeks' training, then do two days, then take a week off, then do three days and say, "Why aren't I seeing results?"' says Hudson. 'I don't work out a lot – just consistently. People think for some reason you have to work out for two and a half hours... but it can just be a little.'

TIGHTEN AND TONE

When Hudson has time, she does Pilates with Stuart for an hour, three times a week. 'It works the entire body, pulling everything in and together so you become tighter, more toned and stronger,' she says. 'It makes you stand taller, and you'll lose inches to get that leaner, longer look. After the first 10 sessions, you'll feel different. After 20, you'll see a difference!'

PILATES POWER

Stuart says Hudson regularly does classic Pilates exercises, such as '100s', 'Roll-ups', and 'Single-leg pulls'. Find detailed instructions online, or give this Criss Cross move a go to work your core and obliques, and whittle your waist.

- Lie on your back and reach your hands behind your head. Bring your legs up to tabletop position, one at a time. Squeeze your inner thighs together. On the exhale,

rotate your ribcage to the left. Bend your left knee and bring it towards your right arm. Switch, bringing your right knee as close as you can to your left arm. Do this 10 times.



KATE'S 20-MINUTE GYM WORKOUT

- Run on a treadmill for four minutes, skip for three minutes, then cycle for five minutes.

- Lie on the ground with your knees bent. Do a stomach crunch, then try to bring your right knee up and across to meet your left elbow. Do 15-30 reps, then repeat on the other side.

- Kneel on all fours, keeping your back straight. Pull your left knee into your tummy, then extend outwards in a kicking-back motion. Do 15 reps, then repeat on the other side.

- Sit cross-legged and hold your arms out to each side with your elbows parallel to your shoulders and your fists up in the air, like you're lifting an imaginary barbell. Straighten both arms up into the air and lower back down again. Repeat (wait for it...) 120 times.



ELLIE'S knockout body

Singing supremo and Nike ambassador, Ellie Goulding, 29, was already in great shape when she first burst onto the music scene in 2009, and she's now completed five half-marathons. But when a knee injury in 2014 forced her to try lower-impact exercise, her PT Faisal Abdalla introduced her to boxing – taking her fitness, confidence and figure to the next level. 'Boxing has helped my stamina. When I'm on stage, I feel like I could go on forever. I feel empowered,' she says.

A CLASS ACT

Goulding says the secret to her new and improved figure is keeping her body guessing. 'In London, I'll take KOBOX class sessions [a 60-minute high-intensity boxing-style workout incorporating skipping, shadow boxing, bodyweight exercises and lifting free weights], and do one-on-one sessions with former pro-MMA fighter, Charlie Watts. I also work out with Faisal either one-on-one or in a Barry's Bootcamp class. We definitely mix it up.'



Goulding uses shadowboxing to boost her workouts. Try these moves from Abdalla for 30-second rounds, keeping rests short in between.

JAB AND PUNCH - with your feet wide, jab then punch with one hand, then repeat with the other, remembering to twist from the hips.

JAB LOW/JAB HIGH/PUNCH LOW/PUNCH HIGH - when doing this combination, bend into a squat when jabbing or punching low, and explode back up to the top for the high ones.



ELLIE'S BOOTCAMP BASICS

Can't get to a Barry's Bootcamp session in London? Fear not. Abdalla – who's a Master trainer for this 60-minute, high-intensity class that mixes punching, sprints, plyometric training and weights – reveals these quick-fire moves you can do at home.

- **HOLLOW ROCKS:** Lie on your back and bring your straight legs up off the floor at the same time as your head and arms and rock backwards and forwards for one minute.
- **TUCK JUMPS:** Jump side to side, bringing your feet back to touch your bottom as you jump.
- **RESISTANCE JUMPS:** Place a resistance band around both your calves and do star jumps for 30 seconds, then rest for 30 seconds.
- **CRAWLING:** While keeping your bottom low to the ground, crawl along, bringing your knee to your elbow each time.

LISTEN TO YOUR BODY

'I treat fitness as an essential part of my life,' says Goulding. 'I see it as a meal time, or something else I have to do, such as go to a meeting. But I'm also realistic. If I land in LA and I'm exhausted, I'll be honest with myself. If my body isn't feeling it, then I'll listen to it. I don't go crazy.'

ELLIE'S KILLER ABS

'If you want to tone your tummy and lose your muffin top, there's no point just doing crunch after crunch without targeting your obliques down the sides,' says Abdalla. He suggests the move below to hone your waist, as 'crunching is one thing, but doing it on one leg is something else entirely.'

- Try the Side plank to knee crunch hold. Plank on your left side, with your right hand behind your head as you would for a crunch. Balance on your right foot and bring your left knee to your right elbow. After 30 seconds, swap sides. Repeat three times. ■