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FAST

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Find out on page 74



FIRM UP YOUR BEACH BODY

Tone up your wobbly bits, whatever your bikini deadline

FAST

BEFORE YOU BEGIN THE PLAN

You'll need to get a fitness ball and a pair of 3kg and 4kg dumb-bells (or two 2ltr bottles of water if you don't have the kit).

Warm-up well. Make sure you jog and stretch for five minutes both before and after your exercise session.

FOUR WEEKS TO GO!

A month is plenty of time to get in shape, says personal trainer Joe Fournier, author of *The Red Carpet Workout*. "If I'm working on a film set, I rarely have longer to tone up the stars. Your muscles react well to exercise if you're consistent, so keep it up through the month."

ARMS

THE OSCAR ARMS WORKOUT

"Arms are susceptible to 'skinny fat', so even slender celebs have batwing moments," says Joe. "The trick is to work all three muscle groups – biceps, triceps and deltoids."

How often? Do three sets of 12 repetitions, four days a week, for each of the following:

- **BICEP CURL** Stand with feet shoulder-width apart, knees slightly bent and arms at your sides, holding 4kg dumb-bells, with palms facing forwards and elbows straight. Curl your arms up towards your shoulders, keeping your back straight. Slowly lower your arms to your sides.

- **TRICEP DIP** Sit on the floor with your back to a chair. Rest your hands behind you on the chair, with your fingers pointing forwards. Lift your buttocks off the ground and straighten your legs so only your heels are touching the floor. Bend your elbows to lower your buttocks towards the floor. Push back up until your elbows are straight.

- **DELTOID LIFT** Stand with your arms resting at your sides, holding 3kg dumbbells. Bend your torso forwards, keeping your back straight and your arms hanging in front of you. Raise both arms outwards to shoulder height. Lower both arms and repeat lift.

STOMACH

THE PLANK

"This tones the tummy muscles

and aligns the spine – great for slouchers. The best bit is you only need to do a couple of moves at a time," says personal trainer



Sally Lewis, author of *Shape Up, Size Down*.

How often? Do two to four reps, five times a week.

Here's how: Lie on your stomach; make fists with your hands and place shoulder-width apart. Lift your body up on to your elbows and toes, ensuring your back is straight. Hold for 10 seconds, keeping your tummy muscles tight. Lower to the floor. Aim to hold for one minute as you progress.

• ROTATIONAL JUMPS

"These get your heart pumping, which boosts your metabolic rate and makes you burn fat faster. The twisting tones your abdominal and oblique (side) muscles," says personal trainer Hannah Richards (www.hannahrichards.co.uk).

How often? Do three sets of one-minute bursts with 45-second rests in-between, three days a week.

Here's how: Jump on the spot, twisting your lower body to the right and upper body to the left. Keep your head up and navel tucked in. Alternate directions.

LEGS

• THE LUNGE

"This is the ultimate move for shapely legs. It tones the thighs, quadriceps and hamstrings," says Sally. "Intensify it by walking around as you lunge."

How often? 30 reps, five times a week (building up to 60 reps by week three).

Here's how: Stand with feet apart and hands across your chest. Take a big step forward with your right leg, bending your left knee while lifting your left heel off the floor. Your left knee should point straight ahead with the right knee directly over the right foot. Keep your shoulders in line with your



hips. Using your bottom and thigh, push back up to the starting position. Repeat on other side.

• THE BACKWARDS STEP

Want the svelte thighs of Claudia Schiffer or Eva Herzigova? Their Pilates trainer David Higgins (www.tenpilates.com) has this sure-fire move for achieving them...

How often? Two minutes on each leg, every day.

Here's how: Find some stairs (an upturned, sturdy bucket will do). With your back to the stairs, put your right heel on the second >

step. Bend both knees and lower your body until your front knee is in line with your hips. Stand up, straightening your front leg so that your body weight is resting on it. Squeeze your bum as you straighten up.

BUM

• SKIPPING

How often: Five minutes of skipping, five days a week.

Here's how: "As you jump, really squeeze your bum muscles," says Sally. "Mix it up by bouncing off two feet, raising your knees high or skipping backwards. Start by doing 100 skips and build up to 300."

• THE SUMO SQUAT

"This is a favourite with clients because they can feel the burn after just one session," says Hannah.

How often? Three sets of 15 reps, three times a week.

Here's how: Stand with a wide stance, toes turned slightly out. Cross your arms, hands on shoulders, keeping your elbows up. Pull your belly button in and squat down, dropping your bum and keeping your knees in line with the angle of your feet. Breathe in on the way down and out on the way up.



ALL YOU CAN EAT

Nutritionist Gillian McKeith suggests these no-limits munchies to keep the weight off and your nutrient levels up.

• **APPLES.** Provide sustained energy, and contain pectin, a fibre that pulls toxins out of the body.

• **PINEAPPLES.** Contain the enzyme bromelain, which helps with the digestion of protein.

• **AVOCADOS.** Sustain energy and help maintain blood-sugar levels, so fewer cravings.

• **OATS.** Rich in slow-releasing carbs, which keep you feeling full.

• **MISO SOUP.** Contains phytoestrogens, which can aid weight loss.

• **PLUMS.** Rich in potassium, which reduces water retention.

• **ALMONDS.** Research shows that they can assist in weight loss, due to blood-sugar-balancing qualities.

• **BROWN RICE.** Helps reduce appetite and also improves mood.

• **HEMP SEEDS.** Contain essential fats that could help prevent obesity.

• **RYE BREAD.** Leaves you feeling full yet alert.

• For more ideas, read Gillian's latest book, *Boot Camp Diet*.

TWO WEEKS TO GO!

"You can tone up in a fortnight if you put in the work," says celebrity trainer Matt Roberts (www.mattriberts.co.uk). "You need a mix of interval training exercises to shock your body into increased activity, plus slower moves that draw out the muscle, to avoid bulking."

ARMS

• FAST/SLOW SWIMMING

How often? 10-minute sessions, five times a week.

Here's how: "The butterfly or breaststroke are best for arm definition. Do short, fast bursts of two lengths. Ease off with a slow backstroke for five lengths, before repeating for 10 minutes," says Sally.

STOMACH

• HYPEREXTENSION RAISE

How often? Three sets of 12 reps, five days a week.

Here's how: "Lie flat on your stomach, face down, with your elbows bent and your hands at either side of your head," says Matt. "Now, using your stomach and lower back muscles, lift your chest off the ground as far as you can and hold for a count of five. Then relax."

LEGS

• DANCER'S PLIÉ

How often? 20 reps, five times a week.

Here's how: "Holding on to the back of a chair with your right hand, stand with feet wide apart, facing out," says Sally. "Breathe out and pull in your abdominals, keeping your back straight and shoulders down. Bend your knees, keeping them over your toes. Hold for a count of two, then return to the start position."



BUM

• BOTTOM RAISE

How often? 15-20 slow reps, five times a week.

Here's how: "Lie on your back, feet on a bench or chair, knees bent to 90 degrees," says Matt. "Lift your bum off the ground, 'squeezing' your buttocks, then lower again."

ONE WEEK TO GO!

"Because you're doing more intensive exercises this week, I'd concentrate on one body part per day where possible. After day four, repeat the workouts on any trouble spots," says David.

ARMS

STRAIGHT-ARM PULL-OVER

How often? Five sets of 16 reps.

Here's how: "You'll need a fitness ball for this. Lie back with your shoulders on the ball, feet flat on the floor, hip-width apart," says Sally. "With a 4kg dumb-bell in each hand, extend your arms above your chest. Breathe in as you lower the dumbbells behind your head. You'll feel a stretch through your arms. Hold for a count of one, then bring the weight back to start position." A bench will work your arms just as well if you don't have a fitness ball.

STOMACH

LOWER AB CURLS

How often? Perform until the point of fatigue (at least three sets).

Here's how: "Lie with your knees bent and hands palm up by your sides," advises Hannah. "Push your back into the floor. Crunch your knees into your chest and slowly lower. This movement doesn't need to be fast – keep it controlled to feel the abs working. Perform until fatigued, rest for 30 seconds then repeat."

LEGS

THE STAIR STEPPER

How often? Between 30 minutes and an hour, twice a week.

Here's how: Using the stair machine at your local gym, do a five-minute warm-up on the low-intensity setting. Pick up the pace, keeping your back straight and the heel pressed down on the step to work your calf and thigh muscles. Don't push the step all the way down, nor allow it to come all the way up. Use a variety of programmes, including an interval workout and a hill workout. On average, you'll burn 400-500 calories an hour.

BUM

THE CROSS TRAINER

How often? 30 minutes, twice a week.

Here's how: "This cardiovascular workout gets your circulation going, so it's a cellulite buster too," says Hannah. "Use the cross trainer in the gym at a 3-5% incline to really work on the bum, and switch programmes as often as possible to target every muscle." **Q**