

Endless legs
on the Burberry
catwalk at London
Fashion Week

Phew! As we reach the final leg of the Fashion Week marathon, *Grazia* can reveal the FROWers' secret weapon. Step forward Christina Howells (below), this season's hit in the world of fitness. Here, exclusively, is her hot new workout plan...



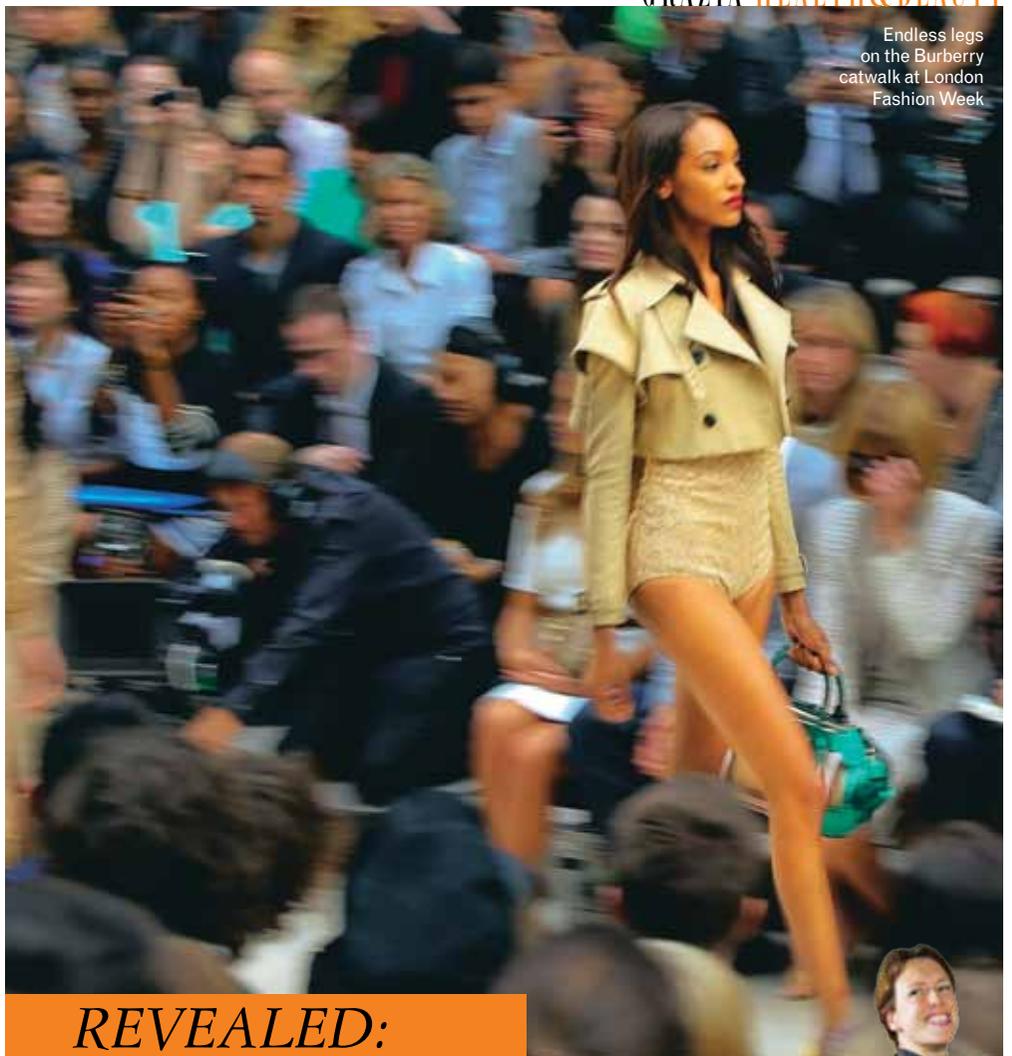
FROM VICTORIA BECKHAM'S TINY BLACK dress to the front row, long, lean legs were all over the latest fashion weeks. 'All my female clients want toned legs,' says

Christina Howells, personal trainer to the fashion pack, including Katie Grand, editor-in-chief of *LOVE* magazine. 'Legs are to women what biceps are to men, but some exercises can make a woman's legs chunkier.'

Christina has been dubbed the UK's Tracy Anderson, thanks to her innovative moves, which alter your body shape. She says thin is definitely no longer in but, instead, 'women want to look strong but still feminine, and toned but still soft'. Christina tells us that, as most personal trainers are men, workouts are typically geared to a man's body. 'But I understand how women want to look,' she says. 'I also know that certain moves will make a woman's body bulky, whereas others will strip fat and create a lovely, lean look with curves in all the right places.'

Katie Grand says, 'Christina first sorted my legs out for my wedding – I had built up a lot of muscle and wanted to make them leaner. So we started doing repetitions with a ballet barre. We concentrate on leg kicks and lifts, which lengthen legs and make them slimmer.'

Christina has now created a hot new leg workout, exclusively for *Grazia* readers. 'These moves will make your legs look super-long and lean, and while they'll firm them up, they'll still look feminine, too.' What's not to like? Go to graziadaily.co.uk to see the workout and get more of Christina's leg tips



REVEALED:

THE FRONT ROW'S FITNESS SECRET



Katie Grand, fashionista and workout fan

CHRISTINA'S FOUR HOT LEG MOVES



1. PLIE PULSES

For inner thighs and bum.

Action Stand with feet wider than

shoulder width, toes turned out, hands on hips. Bend knees to 90°. Draw up through inner thigh muscles as you come halfway up and lower again. Rep 15-20 times. Hold at the bottom and pulse one inch up and down 15-20 times. Rep 15-20 times but with heels lifted. Spring up an inch and land back into the plié. Aim for 10-20 reps.



2. BUTT DEFINER

Outer thighs and bum.

Action Lie on your side with knees bent at 90°. Extend top leg in

front of you, keeping it straight, and tap toe on floor. Keep knees in line. Now lift this leg to just above hip level and lower again, with toes pointing down. Return leg to start position. Next, allow top hip to rock slightly forwards and let your chest fall towards the floor as you extend top leg diagonally up and back. Rep whole thing 20-30 times.



3. THE OYSTER

For outer thighs.

Action Lie on your side with legs bent in front of you at 45°,

keeping heels together and off the floor. Lift your top knee to point to the ceiling, again keeping the heels together. Return to start and rep 20-30 times. Keep abs drawn in and resist temptation to rock backwards. At the end of the last rep, hold your knee at the top and pulse 20 times, keeping movements small and precise.



4. LIFT ON TO CHAIR

For bum, hamstrings and thighs.

Action Kneel on all

fours facing away from a chair, far enough that you can tap your foot on the seat. Extend your right leg about forearm distance to the side of the chair. Leg should be rotated slightly, so right foot points gently away and slightly downwards. Lift leg up and diagonally across so toes tap down on chair seat. Rep 20-30 times.

Words: Maria Lally. Photos: Eyevine. Jason Lloyd-Evans. Exercise photography: Ana Maria Velez-Wood. Hair: John Macpherson. Make-up: Hannah Kreeger using MAC. Exercise models wear: clothing by Nike. Christina Howells: bodybychristina.com