

# THE FIT LIST

Hot off the back of Olympic and Paralympic fever – and with an athletic new body in mind – we edit the best of everything exercise and bring you the coolest, newest, latest and greatest fitness trends to try...

PHOTOGRAPHY: DAVID OLDHAM STYLING: LIZ HAMBLETON  
WORDS: ANNABEL JONES, MARIA LALLY, LIZ HAMBLETON, LAUREN MURDOCH-SMITH AND ROSE BEER

## 1. EXTREME REGIMES

### SUPER-SPINNING

Actress Mila Kunis is doing it, Gaga's doing it – yep, everybody who is anyone is spinning their way to a sleeker, fitter body. In New York and LA, cult studio SoulCycle has huge waiting lists for its souped-up sessions – now hitting Virgin Active ([virginactive.co.uk](http://virginactive.co.uk)). Look out for Myride, a Tour de France-style session with virtual scenery and sounds to distract you from the tough inclines and out-of-seat pedalling.

### NON-STOP POWER PLATE

Thought Power Plate was hard? Try the new non-stop versions. Accelerated Metabolic Resistance Training is a 20-minute blast that challenges every muscle group (see [goodvibesfitness.co.uk](http://goodvibesfitness.co.uk)). Fitness First also offers 30-minute Team Workout Power Plate classes ([fitnessfirst.co.uk](http://fitnessfirst.co.uk)). Perfect for the time-poor who still want serious results. ▶



## 2. SWIMMING GETS SMART

Channelling your inner Rebecca Adlington has never been so hot. According to British Swimming, it's now the most popular activity in the UK after walking. 'We've seen a huge surge in the last month,' says Glen Heidke, head of swim at Virgin Active. 'It's all about getting race fit, which means swimming smarter. We now teach pro tumble-turns, drills and kicking techniques,' says Glen.

### LOOK OUT FOR: SWIMTAG

This hi-tech wristband is popping up in pools across the UK. Think of it as your personal swimming coach. Swimtag ([swimtag.co.uk](http://swimtag.co.uk)) tracks stroke efficiency, speed, distance and calories burnt. The data is then uploaded to allow you to manage your progress. Nicholas Grover of [swimexpert.co.uk](http://swimexpert.co.uk) also suggests getting a waterproof MP3 case and earphones, so you can swim to the beat; short fins to strengthen legs and improve kicks; hand paddles to create resistance; and pullbuoys to squeeze between your thighs to allow you to focus on your stroke ([swimshop.co.uk](http://swimshop.co.uk)).



## 3. IT'S ICE TIME

Feel the burn? Not any more. If you want to lose inches, you need to feel the freeze. Dalton Wong, A-list trainer and founder of Twenty Two Training, says, 'Athletes have always used ice baths to reduce inflammation and soreness. I tell my clients to throw some ice in their bath and sit in it for five or six minutes. It doesn't even have to be after a workout. A short, cold shower has the same effect. It lowers your body's core temperature, so your metabolism revs up and you burn calories trying to stay warm. I've even seen people walking around LA in ice vests.' If that all sounds a bit too chilly, drinking an ice-cold drink after training will prolong and increase fat burning. Have two in the first hour after exercise.

### CHEAT IT WITH:

Zeltiq Fat Freezing (from £800; [coolsculpting.com](http://coolsculpting.com)). Developed by scientists from Harvard University, this non-invasive, fat-reducing treatment freezes fat cells and targets fatty deposits around the thighs, stomach or hips. ▶





## 4. THE NEW 'FIT-EQUIPMENT'

### THE UGI BALL

Co-created by super-trainer Sara Shears, the Ugi Ball is Canada's hottest fitness export. Best described as an exercise ball and a weighted medicine ball fused together, it's a total workout (especially great for core muscles) and is used to lift as well as support the body. Using the Ugi Ball, you'll perform 30 one-minute exercises in quick succession for intense cardio and sculpting results (see langtoninfo.co.uk).

### THE NEW Pedometer

Forget counting just your steps, Nike+ FuelBand measures your time, calories, steps and, of course, 'NikeFuel'. It cleverly tracks your activity based on 'oxygen kinetics' (the movement of your wrist), so the more you move, the more Fuel you'll earn. There's no gender or body type info needed, instead NikeFuel awards everyone on equal scoring, regardless of their physical make-up (£129, nikestore.com).

# YOUR CUT-OUT-AND-KEEP FIT LIST



**SAVE UP FOR:** a session with a super-trainer. We know it's pricey, but one session with these guys will teach you the body-sculpting tricks of the trade... **DALTON WONG:** creates fit, healthy bodies fast and is known for whipping A-listers, such as *Hunger Games*' Jennifer Lawrence (far left), into shape (twentytwotraining.com). **CHRISTINA HOWELLS:** trains fashion legend Katie Grand (centre). Known for softly sculpting the fash pack (christina.howells@btinternet.com). **JAMES DUGAN:** want a long, lean body like actress/model Rosie Huntington-Whiteley (left)? James and his Clean & Lean team know how to get you there (bodyism.com).



**DRINK:** Brazil nut milk. 'High in skin-enhancing selenium and zinc, and full of protein and essential fatty acids – it's the perfect workout fuel,' says Christina Agnew, nutritionist and founder of Radiance Cleanse.



**WE LOVE:** the Brita Fill & Go bottle, £14.99.



**JOIN:** Stateside fitness concept Equinox, which is landing in London. Loved by actresses Natalie Portman, Katie Holmes and TV star Lauren Conrad, it's a gym but not as you know it. Think cutting-edge equipment, classes designed by sporting champions, 15 types of yoga, eucalyptus-infused towels and an in-house laundry for your sweaty gear. Equinox London opens mid-October. Join NOW for a discounted price of £160 per month and no joining fee (equinox.com).

**WEAR:** the new breed of go-faster, sweat-harder sports gear to optimise your performance. We love Zaggora's Viva HotPants, £50, which incorporate Celu-Lite technology for increased energy expenditure and weight loss – seen on actress Denise Richards (below). Nike Zoom Victory Elite trainers, £150, were designed for the Olympics and each shoe is lighter than a necklace, so you can really up that speed!



**DON'T BE WITHOUT:** Urban Decay Cannonball Waterproof Mascara, £15, and Revlon Just Bitten Kissable Balm Stain in Cherish Devotion, £5.99.



**CHANNEL:** Miranda Kerr's après workout style: black basics + relaxed ponytail + big bag + black shades = fashion fit.



**LOOK OUT FOR:** free workout masterclasses. Chic fitness expert Sweaty Betty has teamed up with dance company Frame to provide the classes in all of their 31 stores in September. Get the lowdown at sweatybetty.com. Purple Agile sports bra, £29, Peach Stamina sports bra, £30, both Sweaty Betty. ■

Stylist's assistant: Angelica Hermon; Make-up: Maxine Leonard at Jed Root using Diorskin Nude; Hair: Mearit at D&V using Lee Stafford; Nails: Jessica Hoffman at Caran; For Sally Hansen; Model: Cassie at IMG; Black and white swimsuit: Speedo (speedo.co.uk); Pinnacles Evaporite Two 2012 Road Bike; L'Oréal Paris Cycle (les beautes); Cycling mitts: Salomon (salomon.com); Avire (avire.com); Radiance Cleanse: radiancecleanse.com; Flatton: flatton.com; Virgin Active: virginactive.co.uk; Zaggora: zaggora.com; Chanel (les beautes); Additional photos: Rex Features, Ryan, Splash News, Barcroft Media; Brita: brita.co.uk; Urban Decay: at Debenhams; Nike: nikestore.com; OJA: OJA (oja.com); goggles, Speedo (speedo.co.uk); gogoggles, Speedo (speedo.co.uk); 13.33z: gloves, Gore Bike Wear at Evans Cycle (les beautes);