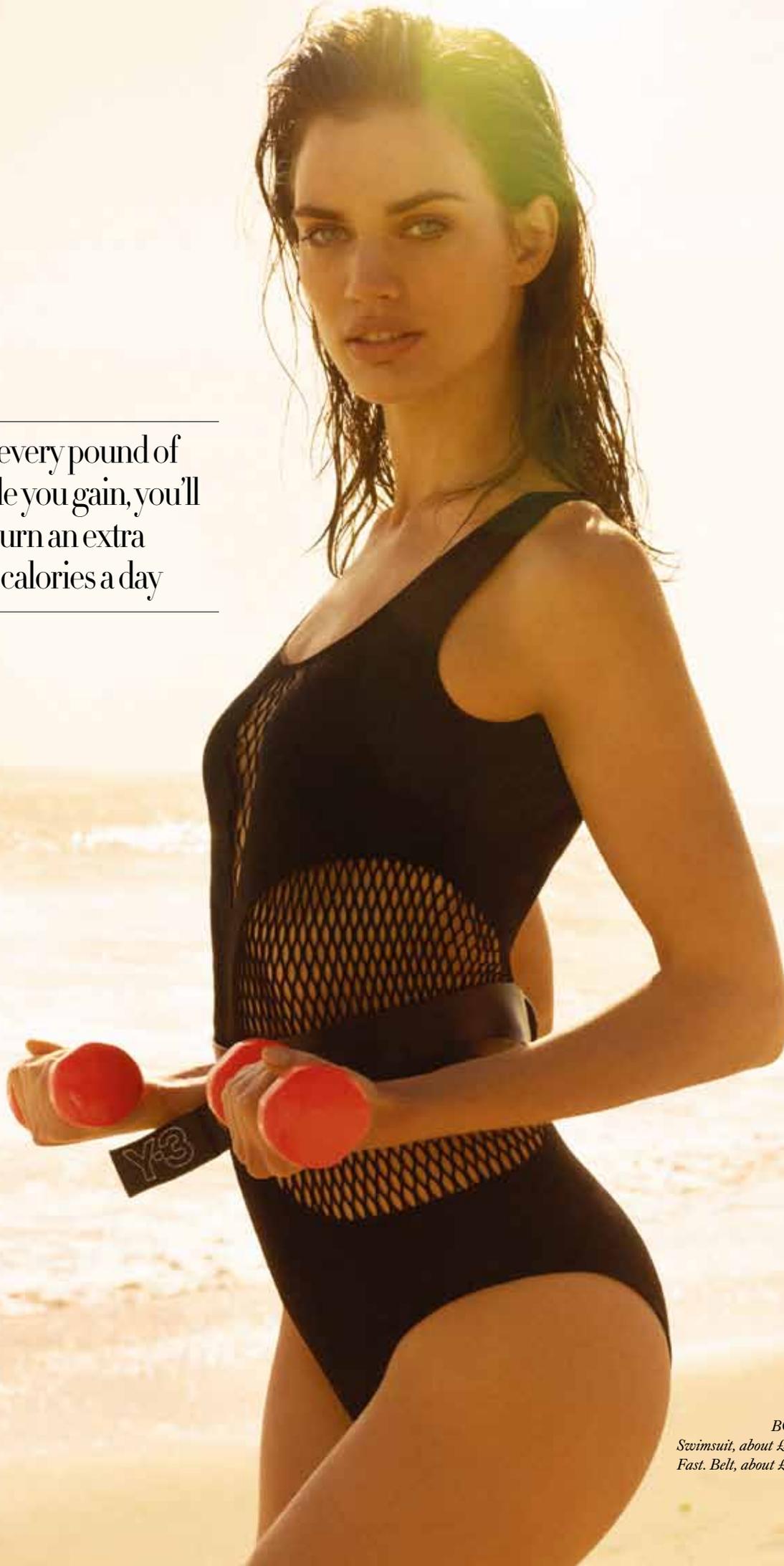

For every pound of
muscle you gain, you'll
burn an extra
50 calories a day



BODY BEAUTIFUL
Swimsuit, about £145, Faster by Mark
Fast. Belt, about £70, Yohji Yamamoto

The new WORKOUTS

Tired of your gym routine? Get the most out of your body with the latest fitness trends. From mini-classes to high-impact yoga, you'll be excited about exercise again in no time *By* KATY YOUNG

Fitness trends are ones to watch, because if you want your best body yet, it pays to tap into the latest classes and techniques – and not just those influenced by fashion and celebrity, but the ones backed up by solid science, which deliver a bigger return for your exercise buck. Here's our round-up of the new exercises that will transform the way you work out.

TOUGH YOGA

Yoga has embraced its toning and fat-burning virtues with a new series of high-impact classes in the US. Expect to see yoga joining forces with spinning, weights and dance for a tougher, more fat-burning workout. Great for anyone who prefers the lure of a fast-paced gym, these hybrid sessions mean there's finally a class for everyone.

Try it at... Yotopia, classes from £13 for 60 minutes (www.yotopia.co.uk).

And coming soon... New York-based hit SoulCycle, which fuses spinning with yoga for an all-over workout, arrives in the UK in the New Year (www.soul-cycle.com).

BITE-SIZE CLASSES

Bang goes the excuse that we're too busy for the gym – the pocket-rocket workout is coming to a gym near you. Studies show sharp blasts of exercise keep our minds and muscles switched on, so we see the results of our labours quicker and don't get the physical stress on muscles

and joints that a long endurance test in the gym can cause. Usually condensed into 30 minutes, these classes mix cardio and weights workouts – but don't be fooled; they may be small, but they're intense. If 30 minutes isn't enough, you can always jump on the NYC trend of double headers and book in for one session in the morning and one in the evening.

Try it at... Tabata classes, at gyms nationwide (www.tabatatraining.org). *And coming soon...* Aerosculpt arrives from its New York launch pad this year, bringing punchy 30-minute Aerobox classes (www.aerospacencyc.com).

THE CAVEMAN WORKOUT

First there was barefoot training, now there's MovNat, the body workout that is all about re-engaging every muscle in your body. The ultimate antidote for a desk-bound body, MovNat retrains the mind and muscles to move freely – as we did when we were children – so you're more likely to find ropes and mats than running or rowing machines here. You'll be taken through surprisingly taxing balance and strength exercises, with equally surprising results to your form.

Try it at... MovNat. Visit www.movnat.com for information on workshops.

And coming soon... Conscious movement training. Contact the Third Space for more information; membership from £129 a month (www.thethirdspace.com).

STRONG IS THE NEW SKINNY

Forget what you know, because according to the experts and the celebrities they train, when it comes to getting your best body, it's not about dropping weight – it's about lifting them. If you want to tone up, you have to mix weights into your workout, whether it's circuit or yoga-based training. And if shifting those stubborn five pounds is your goal, bear in mind that for every pound of muscle you gain, you will burn an extra 50 calories a day – studies show women who strength train two to three times a week lose three-and-a-half pounds more after two months. Research also shows women can't gain bulk because we don't have the right hormonal make-up, so don't be scared of weights over 2kg.

Try it at... Body Sculpt by Christina, classes from £80 (www.bodysculptbychristina.com); or Move Three Sixty, membership £100 a month (www.movthreesixty.com).

And coming soon... Barry's Bootcamp body-sculpting classes – if they are good enough for Jessica Biel and Jessica Alba, they're good enough for us. Keep tabs on their arrival at www.barrysbootcamp.com.

HOLISTIC FITNESS

The gym is about to go beyond the humble workout. Following in the pounding footsteps of our body-conscious neighbours across the pond, personal trainers are going to become our own wellbeing coaches. Where other fitness regimes have to work their way into a busy schedule, holistic fitness is all about taking the stress out of your fitness plan – and your life. More prescriptive than the classic gym programme, the focus is on changing your body from the inside out with nutrition, yoga, meditation and life coaching.

Try it at... Lomax's Express Lifestyle Consultation, £40 (www.lomaxpt.com); or Twenty Two Training, from £120 an hour (www.twentytwotwo.com).

And coming soon... Stress-releasing Yamuna Yoga instructors are set to improve our bodies and our lives (www.yamunabodyrolling.com). □

THE BEST APPS FOR CHANGING YOUR BODY *By* VICTORIA HALL

THE PERSONAL TRAINER

Workout Trainer
(free, www.apple.com/itunes)

The digital equivalent to a personal trainer, this app breathes life into your gym membership with a talking instructor to take you through the best virtual workouts we've tried, all done to your own soundtrack.

THE MOTIVATOR

Endomondo
(free, www.apple.com/itunes)

The key to exercise is motivation, which is right here in an app. It records your progress, but works like a fitness social network, making it public so your friends can see your progress, compete with you or send you messages.

RUNNING

Zombies, Run!
Beginner 5K (about £2.50,
www.apple.com/itunes)

Following the success of the original *Zombies, Run!* comes one of the most exciting apps we've seen to help you become a natural runner. Giving missions by audio, you have to complete them to unlock the next level.

THE DIET

Calorie Counter & Diet Tracker
(free, www.apple.com/itunes)

Take yourself out of the calorie-counting equation with this nifty little app, which acts as your fat-burning calculator. It also lists the calorie content of dishes in hundreds of good restaurants.

THE YOGA APP

Everyday Hatha Yoga With Nadia Narain
(£2.99, www.apple.com/itunes)

Finally we can all have one-to-one yoga training with Nadia Narain, a favourite of Kate Moss, with her gentle 20-minute Hatha yoga workouts focusing on movement and meditation.