



Lady Gaga

FIT CLUB

Celeb trainers create our head-to-toe workout guide.

TEXT: LARA CERONI & ALLY DEAN

TRACY ANDERSON

clientele

Jennifer Lopez, Gwyneth Paltrow & Madonna

FITNESS PHILOSOPHY "I am allergic to the word 'diet.' I live an active lifestyle and stay away from processed foods, but I think you should choose the meal you love and let yourself enjoy it. For me, it's dinner. I won't stay away from mac and cheese, pork belly or Tater Tots!"

LONG AND LEAN "I recommend a series of mat workouts to tone and lengthen your legs. In a push-up position, with your knees down and a weight in one hand, do a push-up. Lift all the way up into a kneeling position and reach a free weight overhead and then punch forward while the same-side leg kicks in the opposite direction. Return to your knees and back down into a push-up position. Repeat 10 times and switch sides. Next, balance on a three-pound weight with both hands. (The elbow on your non-working side should be on the ground.) Start with your knee bent and pulled in toward your shoulder. As you extend your leg behind you, lift your elbow off the floor. Finish the move with both hands on the weight, balancing with your leg extended behind. Repeat the move 10 times and then switch sides."

tracyandersonmethod.com

TONY GRECO

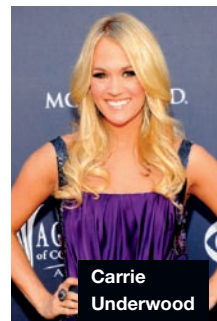
clientele

Carrie Underwood & her hubby, Mike Fisher

FITNESS PHILOSOPHY "Take the gym outside, go for a run on your street, bring a free weight to the park or play a game of pickup basketball with your friends. Work on bringing out your inner athlete and injecting fun into every workout."

BEAR ARMS "Using dumbbells or a medicine ball, extend the weight over your head, lifting for one second up and then lowering for five seconds down. Perform 10 to 15 reps. For the second move, hold the weight into your chest and extend it straight out in front of you for five seconds before pulling it back into your chest. Perform 10 to 15 reps. Finally, using a pull-up machine (or the monkey bars at the park), perform a pull-up to work your shoulders and arms. The number of reps should be proportional to your body weight: Generally, for clients who weigh less than 130 pounds, I recommend doing 12 to 15 reps of each movement; if you weigh more than 130 pounds, perform six to eight reps." >

grecoleanandfit.com



Carrie Underwood



Madonna



“WORK ON BRINGING OUT YOUR INNER ATHLETE AND INJECTING FUN INTO EVERY WORKOUT.”

HARLEY PASTERNAK

clientele

Katy Perry, Lady Gaga & Hilary Duff

FITNESS PHILOSOPHY "Understanding your own psychology is the key to fitness success. Any workout has to be sustainable, have a clear point of attack and mix in variety and variation."

HARD CORE "The seated trunk twist works all of your core muscles. Using a dumbbell or Harley bar, twist your body to the right and then all the way to the left. Perform 20 reps. Next, perform 20 double crunches by simultaneously lifting your upper and lower body. Finally, a dumbbell side bend will work the oblique muscles. Standing tall, hold the weight in your right hand and tilt at the hip to your right side, like a teapot, and then straighten. Perform 20 reps on each side."

5factor.com

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ELLE BODY

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PATRICK MURPHY

cliente

Eva Longoria, Mario Lopez, Olivia Wilde & Rebecca Marshall

FITNESS PHILOSOPHY "People get bored, so you have to find a way to keep things interesting. It's not enough to go to the gym and run on the treadmill for an hour. If you want results, you have to change your workout every 10 days."

SEXY BACK "Back muscles are essential for proper posture and alignment, so they're an important muscle group to focus on. I always tell my clients to draw in their abs and activate their glutes. Make small movements with your arms from side to side 20 times, and then switch to small forward-and-backward movements 20 times. Do 10 tiny circles one way, followed by 10 circles in the opposite direction. Keep your spine neutral: Your back should look flat—neither extended [arched] nor flexed [rounded]. This exercise is a must-do for stabilizing your lower or middle back, and the bonus is that you work your abs too!"

murphyfitness.com



Eva Longoria



Jessica Alba

YUMI LEE

cliente

Nicole Richie, Jessica Alba, Demi Moore & Miranda Kerr

FITNESS PHILOSOPHY "Your greatest investment is in yourself—mind, body and soul."

BOTTOMS UP "I love the stationary lunge to tone and work out your glute muscles and tone your bum. Pretend that you're bending to tie your shoe. Start with your right leg: Your weight should be on the front-heel pod of your right foot. Bend forward, tie your shoe and send your bum back. Your left leg should also be bent behind you. Repeat with your left leg. As you gain strength and confidence, add movement to fire more muscles and your core. Start with your right leg in position [as above], bend forward and step up into a standing position. You're still working the same muscles, but you're elevating your heart rate to burn more fat. Start off with 10 to 12 reps per leg, and then increase the number as you get stronger." ▷

yumifitness.com



“ ANY WORKOUT HAS TO BE SUSTAINABLE, HAVE A CLEAR POINT OF ATTACK AND MIX IN VARIETY AND VARIATION. ”

STEVE GRANITZ/WIREIMAGE.COM (E. LONGORIA); PASCAL LE SEGRETAIN/GETTY IMAGES (J. ALBA)