



PARTY-DRESS WORKOUT

Christmas is the time to show off in a dare-to-bare outfit. Trainer Jeff Archer at The Tonic[®] personal fitness company says, "Do these three times a week for two weeks and you'll be toned for the party season."

DERRIERE TO DIE FOR

Try: Bottom lifts.

How to: Lie on your back with your knees bent and feet flat. Squeeze your buttocks together, lifting your hips off the ground until you have a straight line from your knees to your shoulders. Hold this position for 10-15 seconds. Clench your bottom to stabilise you. Then slowly relax down again. Repeat 10 times.

MUST-HAVE MIDRIFF

Try: Chair tucks.

How to: Sit on the edge of a chair, holding the arms or seat for balance. Bend your knees and pull your legs up to your stomach. Hold there for two counts, then put legs straight out in front and hold for a count of two. Repeat (without lowering to the floor) 10 times. Do three sets of 10 reps, resting for 20 seconds in between.

INCREDIBLE CLEAVAGE

Try: Press-ups.

How to: The old-fashioned press-up is best for this. Place hands shoulder-width apart. You can either perform the exercise with your knees or your toes on the ground. Lower your chest to the floor, your head in line with your body, and push through the chest and shoulders to raise yourself up again. Do two sets of 15.

TERRIFIC THIGHS

Try: Wide-leg squats.

How to: Stand up straight, your feet wide apart and toes turned out. Lower yourself into a squat position. Make sure your knees travel out towards your toes to work inner thighs, and sit down as far as you can to work your buttocks. Repeat 20 times (one squat every two seconds). Rest for 30 seconds and repeat.

SHAPELY SHOULDERS

Try: Shoulder presses.

How to: You'll need weights (such as a can of beans). Stand with feet hip-width apart and your stomach tight. Bend your elbows and hold the weights just in front of your shoulders. Now, raise the bottles directly above your head. Pause, then slowly lower the weights to shoulder height. Repeat for 20, rest and do 20 more.

TAUT BACK

Try: Shoulder lifts.

How to: Lie face down, with your arms out to the sides and bent to 90 degrees at the elbows. Tighten your stomach and use your lower back muscles to raise your chest and shoulders. Pause at the top of the movement to squeeze your shoulder blades together. Then relax slowly down. Do two sets of 15 moves.



SEXERCISE SECRET Hone calves with this easy move. Stand against a wall, facing your man, and place your arms round his back and wrap one leg round his buttocks. Then, as he enters you, slowly rise up and down on the tiptoes of your standing leg. Repeat 10 times, then swap legs – if you can stop him for long enough!

BY LUTIA THAMASIKI. PHOTOGRAPHS: SERGIO DE RIVITALI, SHUTTERSTOCK/PHOTO.COM. STILL LIFE: BAZ. THE TONIC PERSONAL FITNESS COMPANY. 020 7271 9274. **STOCKISTS: BEHNDANCE, 0193 251 6756. BLENDING GYM BODY. AVAILABLE AS BOOKS.

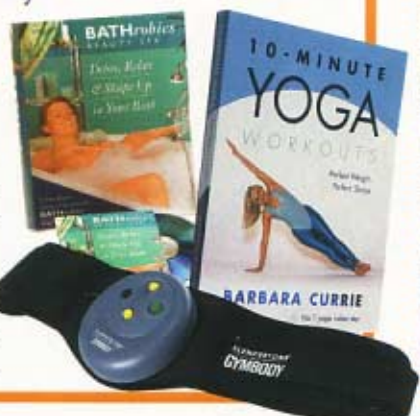
the lazy-girl gift guide

If your friend is determined to shape up for the New Year, here are some perfect present ideas to help her along the way...

• **Bathrobics Beauty Spa****, **£16.99** Shape up, relax and detox – all while you soak in the tub. This kit boasts a waterproof exercise book, a CD and thalassotherapy beauty spa toiletries, with minerals to draw impurities from the skin. Do it for 30 minutes, three times a week, and you'll soon notice the difference.

• **Slendertone Gym Body****, **£59.99** Pop on this new and improved belt to tone your tummy while you're doing the vacuuming. It uses gentle ultrasound waves that make muscles contract. An independent university trial reported an increase in abdominal muscle strength after four weeks of daily use.

• **Barbara Currie 10 Minute Yoga Workouts**, **(£10.99, Element Books)** Yoga expert Barbara Currie's book features 10 simple routines that all take just 10 minutes. Sequences include Power Toning for Hips, Thighs and Bottoms; Beginners' Workout; or The 10-Minute Miracle.



"Lifting the weight of my motorbike over bumps is great exercise – my upper body gets so sore!"
SINGER SHERYL CROW