



Matt Roberts opened the country's first one-to-one personal training centre in London in 1995

NAOMI CAMPBELL

STAR STYLE: MODEL SLIM

Since opening his personal training centre more than 10 years ago, Matt Roberts has become synonymous with fitness training in the UK. Now renowned as a personal trainer to the stars, Matt is responsible for creating some of the most famous physiques in the industry, including Naomi Campbell's and Natalie Imbruglia's. "I've found the burning motivation for a celebrity or a bride to get in shape is exactly the same," says Matt. "Whether you're Mel C preparing for a tour, or Amanda Holden getting ready for the new series of *Britain's Got Talent*, the fact you know the date you have to look great by really helps. It gives you a timescale within which to get all the hard work done. And the pressure of the date means you're always going to work hard and never miss a training session. This is the only way brides-to-be will achieve the toned arms they're after."

THE PROGRAMME

"As many wedding dresses these days are strapless, the arms and shoulders are the main areas that brides are keen to tone up," says Matt. "Weight-training helps build your lean body mass so you burn more calories at rest. Some arm exercises focus upon the back and the biceps (at the front of the arms), which not only give the muscles tone, but also help pull your shoulders back and improve your posture, creating a leaner look. However, it's also important to work the front of your body around the shoulders and chest, as developing shape in the shoulder area will have the effect of creating a slimmer waist and elongated back."

"With a combination of a healthy diet, cardiovascular and interval training to burn fat, and resistance work to tone and shape the arm areas, brides can be confident they will look great for their special day."

MATT'S TOP THREE ARM EXERCISES

1. DUMBBELL BENT-OVER ROW

Holding dumbbells, bend at the hip – maintaining a straight back – to 45 degrees. Pull the dumbbells from your knees to level with the base of your rib cage without shrugging the shoulders. Lower the weight back to the starting position. Repeat for three sets of 12-15 reps.

2. DUMBBELL CURLS

Stand straight, with your feet firmly placed on the floor. Hold the weights with straight arms, just outside of the legs, with palms facing forwards. Curl the weights up to the chest by bending the arms, keeping the elbows tucked in to the sides. Lower the weights by straightening the arms slowly. Repeat for three sets of 12-15 reps.

3. STANDING DUMBBELL SHOULDER PRESS

Stand straight with feet hip-width apart, abdominal muscles tight, knees bent and chest relaxed. Hold the dumbbells in both hands, close to the collarbone, spaced shoulder-width apart. Push both weights up over your head, then lower to the starting position. Repeat for three sets of 12-15 reps.

For more information about Matt, visit

www.mattroberts.co.uk ▶

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