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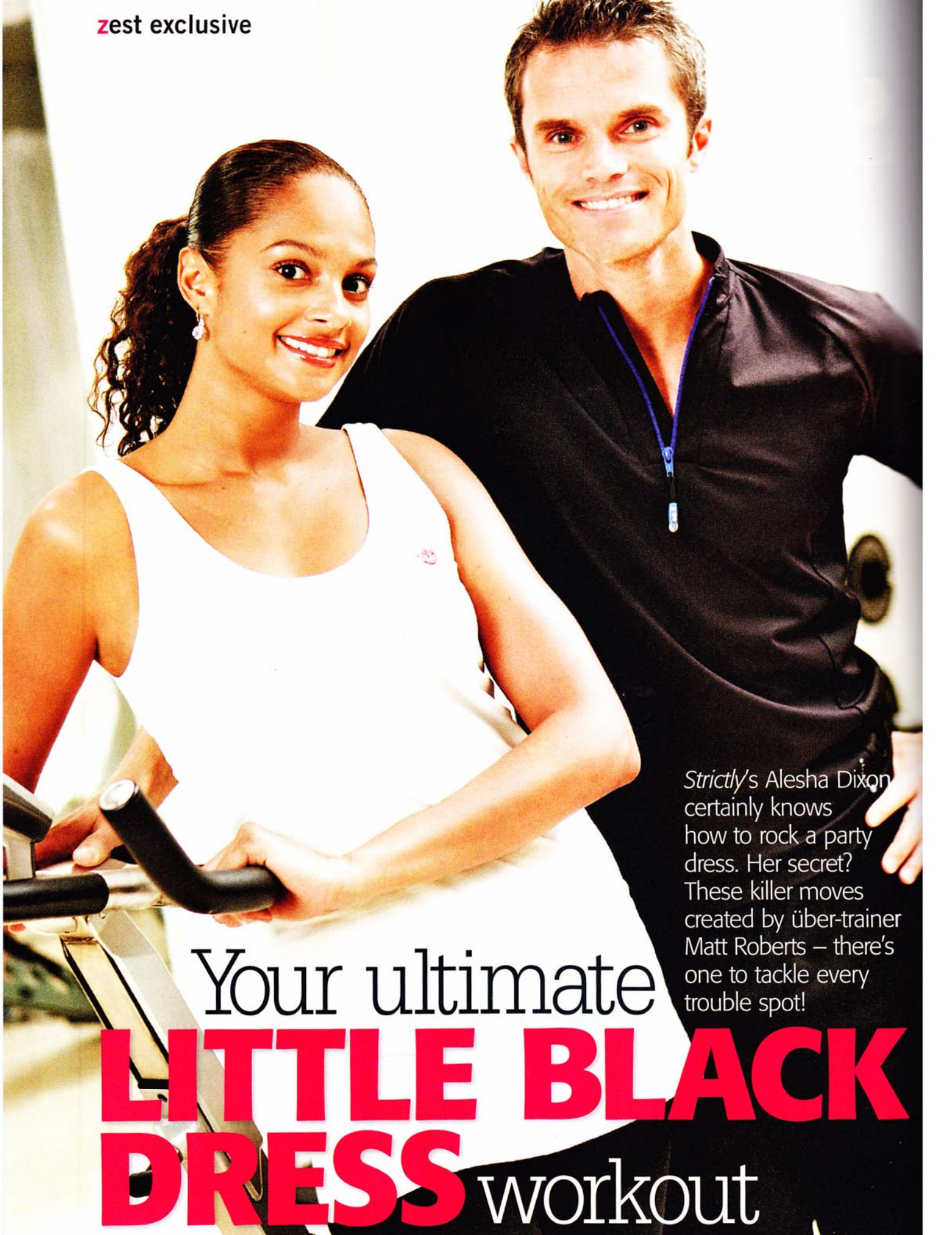


Alesha's
10 moves for
a killer figure



HEALTH > BEAUTY > FITNESS > NUTRITION > WELLBEING > TRAVEL

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Strictly's Alesha Dixon certainly knows how to rock a party dress. Her secret? These killer moves created by über-trainer Matt Roberts – there's one to tackle every trouble spot!

Your ultimate
LITTLE BLACK DRESS workout

Want to walk into that room knowing you look every inch the party queen, but need to firm up fast? *Zest* to the rescue! After months of watching Alesha and the stars of *Strictly Come Dancing* strut their stuff in sensational, sparkly dresses, we're ready to tone up and get in on the action, too. So, we've teamed up with trainer-to-the-stars Matt Roberts to create a simple workout that'll help you feel 100% body-confident in that Little Black Dress.

This exclusive workout, created to help Alesha prepare for the *Strictly* cameras as well as for a half marathon, is an unbeatable combination of fat-blitzing cardio and easy-to-follow targeted resistance moves to help you really focus on honing and toning your trouble spots. Whether you want to shrink your tum or tone up your bum, you can adapt this plan to suit you, with the added bonus of boosting your fitness in the process.

You might just have to celebrate by swapping that LBD for a smaller one!



DRESS TO IMPRESS
If you want to show off your legs, go for a thigh-grazing mini dress,' says Alesha. 'And, for some extra glamour, choose sequins or brocade.'

The **LBD** body moves

Aim to do three 30-minute circuits of these moves each week. Try adding them to the end of your two interval sessions (see overleaf) and do one as a stand-alone session.

WHAT YOU'LL NEED:

- A Swiss ball
- An exercise mat (or a thick bath towel)
- A resistance band
- Dumbbells (3lb to 5lb)

GET THE LOOK **A PERT BOTTOM**

THE MOVE **DOUBLE DONKEY KICK**

The promise 'These challenge your glute muscles to the point of exhaustion – unbeatable for quick results,' says Matt.

- Kneel on all fours, your hands directly under your shoulders. Your back should be parallel to the floor.
- Lift your right leg upright behind you, knee bent.
- Raise your right heel as high as you can until you can feel your right buttock muscle working, then lower back down to the start position.
- Repeat 15 times. Follow with 15 half-range movements – kick back but bring your leg back to the halfway point and pulse gently up and down.
- Aim for four sets of both types of 15 kicks on each leg.

THE MOVE **BODY LIFT**

The promise 'The instability challenges your hamstrings, glutes and lower back muscles to work harder,' says Matt.

- Lie flat on your back, resting your heels on a Swiss ball.
- Keeping your legs straight, and heels together, raise your bottom off the ground, keeping your body in a straight line and squeezing your buttocks.
- Lower down with control and repeat 15 times, for four sets.

DRESS TO IMPRESS
'Your party dress has got to be figure-hugging if you want to show off your booty,' says Alesha. 'Try a sexy knee-length, body-con style.'

GET THE LOOK **LONG, LEAN LEGS**

THE MOVE **WALKING LUNGE**

The promise 'Unlike traditional lunges, these don't add bulk,' says Matt. 'They work all the muscles in your legs, making them look longer and leaner.'

- Stand with your feet together, then take a big step forwards with your right leg, lunging so your right knee is at 90°. Your back leg should be bent, knee hovering above the floor.
- Hold the lunge for a second, then push up, stepping your left foot forwards alongside your right foot.
- Take another big step forwards, this time with your left leg and repeat.
- Aim for four sets of eight to 15 repetitions on each leg.

THE MOVE **HAMSTRING CURL**

The promise 'This guarantees slimmer thighs and a pert bottom – perfect for pear-shaped girls,' says Matt.

- Lie on your back on a mat, resting your calves on a Swiss ball and keeping your legs straight.
- To get into your start position, lift up your torso by pressing your arms into the ground.
- Roll the ball towards you, raising your knees, and move the ball along until your heels are resting on top of the ball, and it's almost touching your raised bottom.
- With control, roll back to the start position.
- Do four sets of 15 reps.

“How I stay in shape”

Alesha shares her fit-tricks and motivational tips

Have you always been fit?

'I've always looked after myself. I was really athletic at school – I ran, played netball and danced a lot, so exercise has always been important to me. I want to grow old gracefully and live my life to the maximum. Being fit will hopefully help me to do that.'

How did *Strictly* transform your body?

'I lost about a stone, which I wasn't happy with! I felt too skinny – I prefer to have a bit of meat on me. But the great thing was that, after all that dancing, my legs were really toned.'

“My aim is a body that's good all over – and a firm bottom would be nice!”

What are your body/fitness goals?

'I feel great at the moment. I'm hoping to be able to run my half marathon with ease, although I'm not fussed about going for a set time – I just want to enjoy it. My aim is a body that's in good condition all over, and a firm bottom would be nice – I'm getting there!'

Do you have any body bugbears?

'There are bits I'm not so keen on – especially my feet! I'd like a flatter stomach but I love food too much. On the plus side, I'm pretty proud of my legs – they've been good to me!'

Talking of food, have you ever been on a diet?

'Dieting is not my thing. I mainly operate by a principle of see it and eat it! I do try to be as healthy as I can. I juice a lot and I love fruit and veg, →

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but if I want chocolate or pizza I'd never deprive myself.'

What's your weekly fitness regime? 'It depends, but as a general rule, I have a training session with Matt, where I do a 45-minute run, or an interval-training session, followed by weights and resistance training. If I go to the gym on my own, I'll normally do 20 minutes running, 20 minutes on the Stairmaster, and 20 minutes on an exercise bike. At the moment, I'm also doing one constant-paced long run because I'm training for a half marathon.'

“When you're running with someone as fit as Matt, that's motivation in itself”

How does Matt keep you motivated? 'He's a machine! When you're running next to someone as physically fit as him, that's motivation in itself. Also, he talks to me throughout our training sessions, giving me advice and instructions and encouraging me along. If I'm flagging he'll say "Come on, you can do it!" and it gives me that extra push to keep going. I know now that I won't see results unless I work hard!'

How has your all the running and personal training changed your body? 'I can feel myself getting stronger. I'm feeling confident about running the half marathon, whereas I was a bit scared before, even though I loved running at school. I'm so impressed with the results that I want to keep doing the training after the race. When you see yourself transform, it makes you want to carry on.'



DRESS TO IMPRESS
'Go strapless – it will highlight your sculpted arms, pert boobs and décolletage all in one go,' says Alesha. 'Choose silk or velvet for impact.'

GET THE LOOK **SCULPTURED ARMS AND A PERKIER BUST**

THE MOVE **INCLINE PEC FLY**

The promise 'This is a fantastic way to lift and firm up the chest muscles that support your bust,' says Matt.

● Position your body in a bridge position, so that your back is resting on a Swiss ball, with your shoulders lifting off it

slightly, your knees bent and a dumbbell in each hand.

● Raise your arms above your chest, with your palms facing each other, wrists in line with your forearms.

● Open your arms, bending them out to the sides as far as is comfortable (without locking your elbows), then, with control, return to the start position.

● Do four sets of 15 reps.

THE MOVE **INCLINE PRESS-UP**

The promise 'This is easier than a traditional push-up, so it's a good way to clock up reps. It will help to tone and condition your arm and chest muscles, banishing bingo wings and lifting your boobs in one fell swoop,' says Matt.

● You'll need a sofa, a low chair or a park bench for this one. Rest your hands on the raised surface with your body straight out behind you and your hands underneath your shoulders, fingers pointing forwards. Balance on your toes in a push-up position.

● Lower your chin and chest towards the raised surface, bending your elbows out.

● When you're as low as you can go, push back up, taking care not to strain your back.

● Do four sets of 20 reps.

GET THE LOOK **A SUPER-FLAT STOMACH**

THE MOVE **LEG RAISE PLANK**

The promise 'This blitzes your deepest core muscles as well as your surface abs – a crucial combo when it comes to tummy toning,' says Matt.

● Get into a plank position – lying on your stomach, lift yourself up, resting your elbows and forearms on the floor under your shoulders. Balance on your toes, with your body in a straight line from shoulders to feet.

● Your back should be straight, and you should be holding yourself in position with your abs.

● Now, raise your right leg up a few inches (keeping it straight), and bring it back down with control. Do this ten times. Then, without a break, repeat with your left leg.

● Perform two to three sets of ten leg raises on both sides.

THE MOVE **SIDE OBLIQUE BRIDGE**

The promise 'For a feminine hourglass figure like Alesha's, you've got to work your oblique abdominals,' says Matt. 'This move is the ultimate love-handle buster.'

● Lie on your right side. Lift your shoulders, so you're resting on your right forearm, with your elbow bent.

● Lift up the rest of your body so that your hip and legs come up off the floor, resting your left leg on top of your right with your right foot in contact with the mat.

● Gently lower back down until your hip and body touch the floor, then lift up again, making sure your body remains as straight as possible.

● Aim for four sets of 15 reps on each side.



DRESS TO IMPRESS
'Try curve-clinging satin – no good for lumps and bumps, but perfect if you want to show off the results of all your hard work,' advises Alesha.

THE CARDIO SESSIONS

For each of the four weeks, aim for:

1 x 60 minute constant-pace session

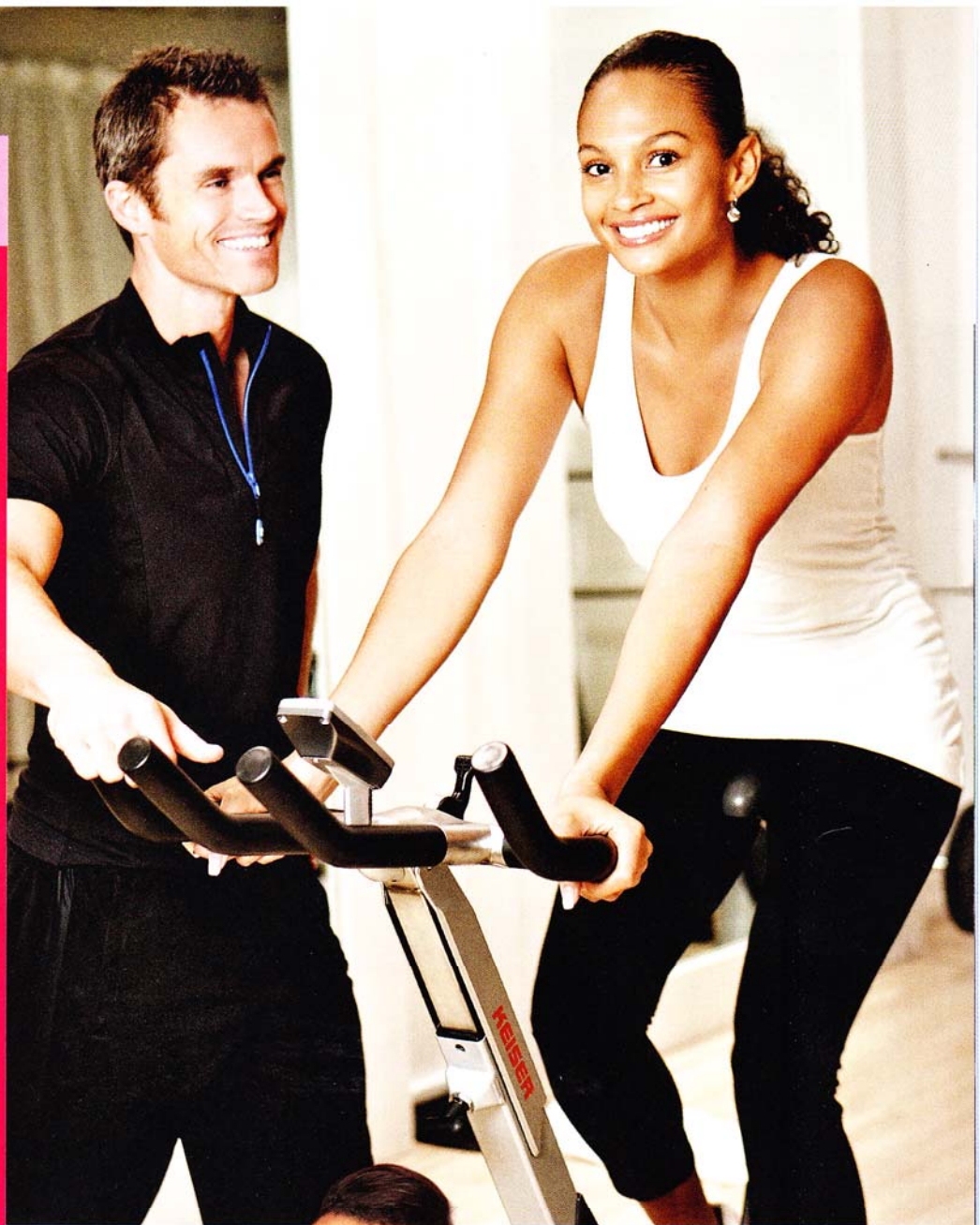
You should be working at effort level 6 (on a scale of 1 to 10) – try cycling, power walking or running. If you can, run outside as the uneven surface will challenge your core muscles, and you're less likely to get bored! If you're on a treadmill, set it an incline of 1.5 to simulate outdoor conditions. As you get fitter, you'll find that you can speed up at the same effort level, so you'll run or cycle further in your 60 minutes.

2 x 45 minute interval-training sessions

Run 1km at a fast pace (effort level 8). Follow with a 250m walk to catch your breath, and then repeat until you've run between 3km and 5km. After a couple of weeks, step it up a notch by switching to alternating 90 seconds of even faster running (approaching effort level 9) with 60 seconds of rest. Aim to do six to ten intervals.

Don't forget!

Warming up is essential. Before cardio sessions aim for five minutes of brisk walking/jogging. For the resistance move sessions, do some mobilising dynamic stretches, such as arm circles for five minutes.



GET THE LOOK A TONED, SEXY BACK

THE MOVE SEATED ROW

The promise 'The way you hold yourself has a huge influence on how good you look, and a strong back is crucial for correct posture,' says Matt. 'This move works on your back and shoulders.'

- Sit on the floor with your legs extended in front of you and your feet together.
- Hold both ends of a resistance band, one in each hand and hook the middle of the band around the balls of your feet. The band should be taut, but not overstretched, with your arms fully extended and your back straight. Adjust your grip to make sure.

- Pull both arms backwards by drawing your shoulder blades together, and bending your arms at the elbow, in a rowing motion.
- Your back should stay completely still and you should feel a stretch across your shoulders as you pull back.
- Gently return to the start position and repeat the move 15 times.
- Aim for four sets.

DRESS TO IMPRESS

'If your back is your best asset, show it off,' says Alesha. 'Keep it classy with a long evening dress, rather than a short number.'



THE MOVE REVERSE FLY

The promise 'If you want more definition across your shoulders and upper arms as well as your back, this is the move for you,' suggests Matt.

- Stand upright, with your feet hip-width apart, holding a dumbbell in each hand at either side of your body.
- Hinge forwards from your hips and bend over 90° to face the floor, spreading your arms wide behind you until you can feel your shoulder blades squeezing together.
- Lift back up, bringing your arms back together to the start position.
- Do four sets of 15 reps. ☐