

Your Best Body



Karlie Kloss

Candice Swanepoel

▼ Fascial Workout

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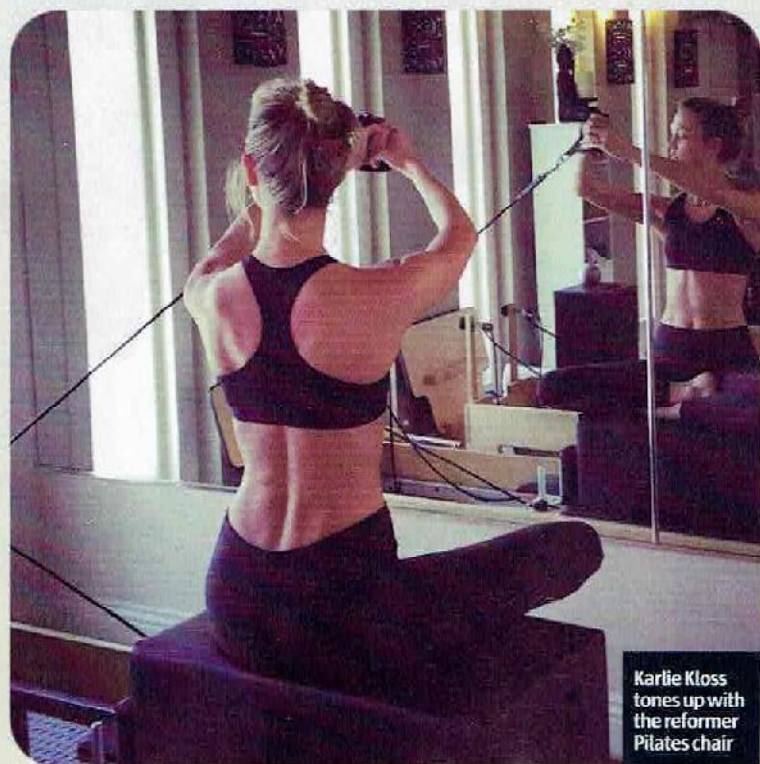
The South African model stretches her limbs, focusing on the fascia, an important muscle membrane

What is it? Fascia is a connective tissue that, if stretched properly, has been reported to tone muscles and eliminate bloating. 'Fascia can store toxins,' says Lauren Roxburgh, a specialist in the exercise. 'It's only now being medically

recognised for its importance in maintaining a healthy body!' Lauren suggests the 'thigh de-bunch' move. Lie on a yoga mat and place a foam roller under the base of your spine. 'Draw one knee to your chest and keep the other leg extended,' she says. 'As you inhale, lift the extended leg two inches off the mat. Hold for three slow breaths, allowing your hips to extend! Voila! - leaner legs, Candice style. Switchlondon.co.uk offers fascia-focused workouts.'



Fascial workouts are the secret to Candice's toned legs



Karlie Kloss tones up with the reformer Pilates chair

◀ Reformer Chair Pilates

Karlie Kloss

Want toned abs and sculpted arms? Yep! The classic reformer class has had a makeover and Karlie loves it

What is it? 'Supermodels love the reformer Pilates chair because of the way it shapes the body,' says Claire Finlay, founder of London studio Transition Zone, one of the first fitness studios in the UK to offer the classes. 'Each move is designed to stretch and strengthen a different muscle group - your abs, lower back, hips or buttocks. By extending your muscles, you're stretching them out for a toned appearance.' The reformer seat is basically a footbar with attached springs for resistance. The class is designed to improve your upper body strength, as you lift yourself up and balance yourself on the chair in a 45-minute class. The results? Toned abs and more sculpted arms. Wiri, win. Go to transitionzone.co.uk for more info.