

BRAZILIAN BODY WORKOUT

THIS FULL-BODY WORKOUT BY FITNESS FIRST'S CELEBRITY TRAINER **ANA COPPOLA** DELIVERS MORE THAN CURVY LOOKS. A STRONG BOOTY WILL GIVE YOU STRENGTH AND STABILITY FOR BETTER WORKOUTS.

WHEN SUPERSTARS like Beyoncé and JLo started embracing their curves, the world followed. Then Ana Coppola's time came. Born in Brazil, she'd studied law and worked with a tax law firm in São Paulo before moving to Spain to get her PT qualifications.

When Ana arrived in Australia soon after and friends asked what kind of training she might be doing on a particular day, she'd sometimes tell them she was doing a butt workout. They were confused.

"You mean legs day?" they would ask. "No, I mean butt day. Legs day is tomorrow," Ana would reply.

"It was just later when celebrities like Nicki Minaj, Beyoncé and the notorious Kardashians started embracing their curves that Australian girls began wanting to build muscle in that area and finally started dedicating entire workouts to it, how we have always done in Brazil," Ana says.

"Before that I very rarely would hear a client asking me for a bigger butt. They would generally ask for smaller butts. Although I will always listen

and respect each client's needs, things have definitely changed."

They sure have. Ana's skills as a shaper of bodies has made her one of the most in-demand trainers in Australia. She trains several celebrities, including actors Pia Miller and Jackson Gallagher. Ana loves Australia because of its "friendly multicultural and mostly open-minded and relaxed people".

This routine will work your entire body, toning and burning fat with a combination of strength and cardio. It's just as suitable for men as for women, Ana says. And, of course, it will do wonders for your butt.

"Since that's the biggest muscle in the body, a strong butt allows me to take full advantage when I'm training any other muscle in my body," she explains.

"I automatically have more strength due to my great foundation, which provides me better stability than if I lacked butt engagement or control. Therefore, having a booty really goes beyond the looks. This workout is just an example of how you can encourage your butt engagement when you're training any other muscle."



01 PUSH-UPS ON THREE POINTS

This is a fun way to warm up key muscle groups. Place your hands on the floor slightly outside shoulder-width. Raise one leg and straighten it so that all your body weight is on your hands and the other knee. Keeping your body in a straight line, bend your elbows and lower your chest toward the floor. Push off the floor, straightening your elbows to start position. Keep your core and glutes contracted during the entire movement.

Photography: Yianni Aspridakis Hair & Makeup: Vic Anderson @Reboad



03 BENT-OVER DOUBLE-ARM CABLE PULL

This is a powerful exercise for your shoulders, back and abs. Grab the handles, then bend through the hips and knees while facing the machine. Engage your core and glutes to keep your body still and stable and your spine neutral during the entire movement. Let your arms and lats stretch all the way up, then pull down through the elbows by squeezing your back muscles.

02 TORSONATOR SUMO SQUAT PRESS

Target multiple muscle groups and get a killer booty pump when you combine it with a band. Squat to pick up the end of the bar with both hands and then push it up with your legs and arms while straightening your elbows and knees, finishing by standing on your toes. Reverse the movement back to the start position. Add an elastic band around your legs just above your knees to maximise glute activation, as your muscles will then work against the extra resistance.



Exercise name	Reps	Sets
01 Push-ups on three points	12	3
02 Torsonator sumo squat press	15	3
03 Bent-over double-arm cable pull	15	3
4A Sumo squat with rubber band	15	3
4B GHD extensions with elastic band	10	3
5A Negative step up	12	3
5B Straight-leg cable kick	12	3

4A SUMO SQUAT WITH RUBBER BAND

This is a great calorie burner that builds your glutes, hamstrings and inner thighs. Stand with your feet double shoulder-width apart and toes pointed out at 45 degrees. Slowly lower your body as you bend your knees into a squat, holding a single dumbbell. Keeping your chest up, spine neutral and knees tracked with your toes, push through your heels to the start position. To increase the resistance, you can add an elastic band around the dumbbell.



4B GHD EXTENSIONS WITH ELASTIC BAND

This works the muscles that straighten and rotate your back, as well as the glutes and hamstrings. After setting up the GHD machine so that your body is in a straight line and parallel to the floor, bend forward to a 90-degree angle over the pad while keeping your feet locked. Return to the start position by extending your lower back while contracting your glutes. Avoid over-extending your lower back, especially at the top of the movement. To increase the resistance, you can add an elastic band.

5A NEGATIVE STEP UP

This works the booty like nothing else. Stand on a box and place an elastic band around a column at waist height. Pushing through the front leg instead of the back leg, step off the box as slowly as you can while keeping a neutral spine, using the band to assist. Aim to step off until the front thigh is below parallel to the floor while keeping your foot in contact with the box - this will ensure maximum recruitment of the glutes.



5B STRAIGHT-LEG CABLE KICK

This is a serious booty burn. With both hands and one knee on a bench, attach the cable to the other foot and then straighten the leg. Keep your shoulders drawn away from your ears and above your wrists. Contract your glutes to raise your straightened leg until it's parallel to the floor, while keeping your spine straight and core contracted. Lower your leg until your toes tap the floor, then return to the start position. **F**

BRAZILIAN BODY MEAL PLAN

CREATED BY DIETITIAN **SUSIE BURRELL**, THIS MEAL PLAN WILL SUPPORT THE BRAZILIAN BODY WORKOUT'S GOALS. IT CONSISTS OF HEALTHY OPTIONS FOR THE THREE MAIN MEALS OF THE DAY, SO YOU CAN MIX AND MATCH YOUR MENU DEPENDING ON YOUR NEEDS.



BREAKFASTS

SUPER PURPLE SMOOTHIE
1 small banana, ½ punnet blueberries, 1 cup milk, ½ cup Greek yoghurt, ice to blend.

EGG WHITE SCRAMBLE
3 egg whites and 1 egg yolk scrambled with ½ cup tomato, ½ cup mushrooms, ½ cup spinach, 1 tbsp feta.

TOASTED PROTEIN SANDWICH
2 slices high-protein bread, 50g lean turkey, 2 tbsp cottage cheese, ½ sliced tomato, toasted.

BERRY BIRCHER
⅓ cup steel-cut oats soaked in 1 cup fat-free high-protein Greek yoghurt, ½ cup mixed berries, 1 tsp honey, sprinkle of cinnamon.

SMOKED SALMON THINS
Wholegrain sandwich thin or wrap, 100g smoked salmon, ½ avocado, handful of rocket.

LUNCHES

STUFFED POTATO
1 medium potato stuffed with 100g can tuna in oil, drained, mixed with 1 chopped tomato, 1 tsp Greek yoghurt or sour cream, mixed salad to serve.

EGG SANDWICH
2 hard-boiled eggs, 2 slices high-protein bread, handful of rocket, ¼ avocado.

CHICKEN AND RICE
1 cup cauliflower rice, 100g shredded chicken breast mixed with 1 cup cooked frozen vegetables, 1 tbsp light soy sauce.

SMOKED SALMON PASTA
1 cup cooked Slendier low-carb pasta, 100g smoked salmon, ½ cup Greek yoghurt, 1 tbsp pesto, ½ chopped tomato.

SOUP AND OPEN SANDWICH
Bowl of pumpkin soup, 1 slice high-protein bread with 50g lean turkey, 1 cheese slice, ½ chopped tomato.

DINNERS

HONEY SOY SALMON
150g salmon fillet, marinated in 2 tsp soy sauce and 2 tsp honey, served with ½ cup broccoli, ½ cup bok choy, ½ cup spinach.

BURGERS AND MASH
2 lean beef or turkey burgers served with veggie mash: ½ cup pumpkin, ½ zucchini, 1 small potato, cooked and mashed with 1 tbsp butter.

VEGGIE NOODLE MEATBALLS
150g lean pork mince rolled into meatballs, 1tbsp olive oil for cooking, 2 zucchini spiralised into zoodles, cooked and served with 1 cup tomato passata and 2 tbsp grated parmesan.

PRAWN CAESAR SALAD
15 large cooked prawns with 2 cups mixed lettuce, ¼ cup shaved parmesan, ½ punnet baby tomatoes, 1 tbsp Caesar dressing.

THAI BEEF SALAD
150g lean beef fillet, 3 cups mixed leaves, ½ cup roasted pumpkin, ½ Lebanese cucumber, ½ punnet halved cherry tomatoes, ½ red onion, squeeze of lime, sprinkle of coriander. Dressing: 1 tsp soy sauce, 1 tsp fish sauce, 1 tsp peanut oil, handful of chopped peanuts.



SNACKS/TREATS (CHOOSE 1-2 EACH DAY)

1 small glass of wine, 30g dark chocolate, 2 scoops low-calorie ice cream, 20g cheese with 2 wholegrain crackers, small veggie juice, small coffee.

