



**C**elebrities make a living with their looks. From their perfectly coiffed hair and toned tummies to their lean legs and pristinely pedicured feet, how the A-list looks matters. Don't believe it? Google a celeb (go on, do it now) and see how many headlines relate to her 'slim legs' or 'flat abs'. But the polished look doesn't come easily. How do we know? Second task – Google a photo of your fave celeb from their early days. You'll see they always look a little more flawless after a team of experts has fixed them up. One of the key members of that team? The celebrity personal trainer. PTs to the stars have overhauled a gazillion bods with their know-how. Read on to steal their latest moves.

*Running works so well for me. I get my best ideas when I run. It's great for me. It strengthens my mind and puts me in the best state of mind.*

**WORK OUT**

*like a star*

What does it take to build the body of a superstar? H&F reveals the innovative plans the A-list swears by

WORDS: Sarah Ivory Illustrations Mark Blade

**#THE INTERNATIONAL ICON**

**Nicole Scherzinger**

**W**hen you have the figure of a goddess like Nicole, you don't mess with it. That's why London-based trainer Svava Sigbertsdottir introduced Scherzy to her training plan – The Viking Method (thevikingmethod.com). 'The plan is not about dropping a dress size – that's a by-product of the programme – it's about experiencing the power, agility, grace and strength your body naturally has,' explains Sigbertsdottir. 'Nicole works hard to maintain her womanly curves but she doesn't just work out for her looks; she exercises for the way it makes her feel – healthy, strong, speedy and powerful. Exercise is empowering and Nicole believes in its psychological rewards.'

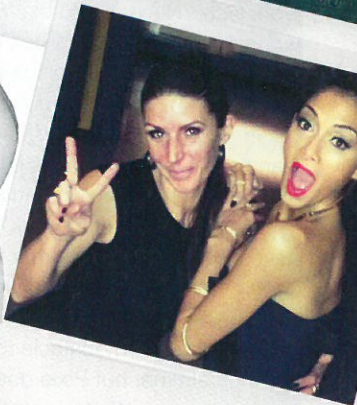
Sigbertsdottir's method focuses on quality over quantity, switching between short bouts of intense cardio, such as kickboxing or sprints, and functional resistance moves, such as bear crawls and

leap frogs. This gets blood pumping around the body as muscles work at their maximum, blasting oodles of calories not only during, but also post-workout. 'Nicole likes to sweat,' says Sigbertsdottir. 'She wants to feel worn out at the end of a session, so a mix of kickboxing or ballet moves and functional toning such as body drags and plank reaches is perfect for her.' And each workout is different, which makes exercise enjoyable. 'Nicole finds this method tough but she gives it her all,' says Sigbertsdottir. 'The workouts are challenging but fun. One minute you'll feel like you're playing outside with friends and the next, boom, you've smashed a fat-blasting workout.'

Do this intense Viking Method workout two to three times a week along with your normal routine to fire up your fat burners and get a fit bod like Nicole's. Do the first two exercises back-to-back in pairs, four times, with 20 seconds' rest between sets, then move on to the next duo.



Nicole and instructor Svava pose for the cameras

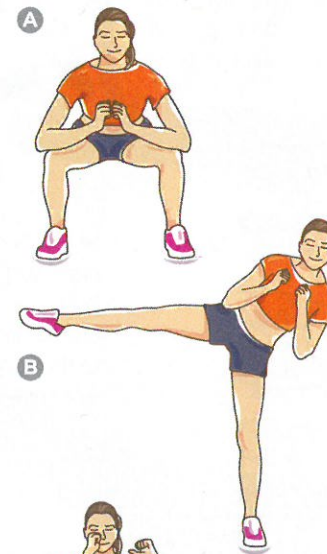


**#THE MOVES**

► **DUO #1** [4 sets; 20 secs rest between sets]

**1. WIDE SQUAT KICKS:** x 10 (each leg)

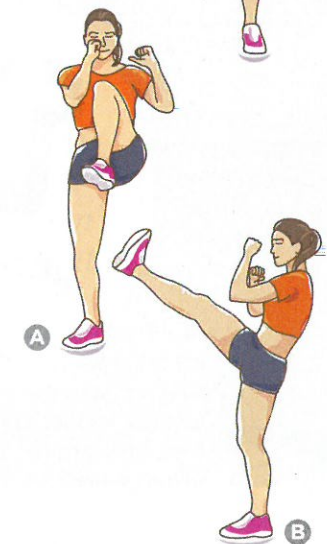
Start in a wide squat, shoulders down, back straight and knees over your toes. Engage your glutes. Get low in the squat (A), then stand and kick your right leg out to the side (B). Land in a deep squat and repeat on the left. Continue alternating.



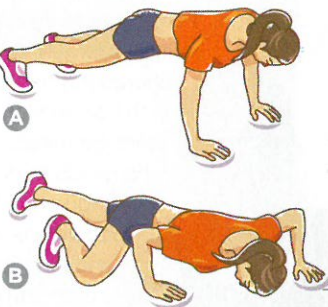
► **DUO #2** [4 sets; 20 secs rest between sets]

**1. KARATE KID KICKS:** x 10 (each leg)

Start with your left leg behind you, then bring your left knee up in an explosive action (A). Quickly switch legs (left leg down; right leg up) and kick as high as you can with your right leg (B). Your left knee should still be in the air as your right leg leaves the floor.



► **2. CRAWLS:** Start in plank position, without arching your lower back (A). Lower as you bring your right foot and left hand forward in a crawling action. Don't allow your bottom to rise up (B). Repeat with your left foot and right hand and continue alternating until you have moved six metres. Then turn around and go back. Do this twice.



▼ **2. ARM WALKS:** Start in a plank position with your feet on towels and core engaged. Using just your upper body strength, drag your body forward, being careful not to let your belly sag or back arch. Complete six drags before walking your hands – still in the plank position – back to the start. Do this twice.

