

THE INTERNATIONAL ICON

Nicole Scherzinger

Vhen you have the figure of a goddess like Nicole, you don't mess with it. That's why London-based trainer Svava Sigbertsdottir led Scherzy to her training plan Viking Method (thevikingmethod). The plan is not about dropping a size – that's a by-product of the time – it's about experiencing the agility, grace and strength your body naturally has,' explains Sigbertsdottir. 'Nicole works hard to maintain her womanly figure but she doesn't just work out for her looks. She exercises for the way it makes her feel – healthy, strong, speedy and confident. Exercise is empowering and she believes in its psychological rewards.' Sigbertsdottir's method focuses on quality over quantity, switching between bursts of intense cardio, such as sprints, and functional exercises, 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



MOVES

[4 sets;
30 seconds rest between sets]

1. SQUAT KICKS:

Stand with feet shoulder-width apart, shoulders over hips, back straight and knees over toes. Engage your core and sit low in the squat (A), and kick your right leg out to the side (B). Land in



► **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

