

MICOACH SMART BALL

If bending it like Beckham is top of your to-do list this year, then the Micoach Smart Ball from Adidas (£145) can help you hone those skills. The built-in sensor provides instant feedback on your spin, speed, trajectory and strike point, enabling you to build up a solid understanding of areas requiring improvement, as well as where your strengths lie. The ball can also be connected with the Adidas Micoach Smart Ball app, so you can tap into on-field data and gain interactive personal training through technique videos. You can also compete virtually with friends. micoach.adidas.com/uk/smartball

THE VIKING METHOD

Trainer to Nicole Scherzinger and Suki Waterhouse, the self-confessed "fitness maniac" Svava Sigbertsdottir from Iceland has developed the Viking Method, a high-intensity personal-training regime for a full-body workout (£90 an hour). Her fun yet fierce exercises will see you dragging Svava along with your hips, bunny-hopping over her body, crawling along the floor, planking, squatting, kick-boxing and jumping from benches, and some. The workout, inspired by the training of Icelandic athletes, will be tailored to your body and goals. As well as her London-based training, Svava has also created the online Viking Method programme, which is available in a basic package (£35 a month) or bespoke (£120 a month). thevikingmethod.com

TEAMCORE

Healthy rivalry between sports clubs and athletes is a good thing, but, more important, it's about developing a team spirit, getting motivated together and highlighting how great sport is for friendships. TeamCore offers just that: a social-media platform for everyone involved, whether an individual, a sports club, personal trainer or charity. Simply set up a profile, form connections, blog about your group meetings or personalised training regime, upload pictures or videos of key highlights and see what others are doing. teamcore.com

DAVID KINGSBURY

Struggling to return to the gym after a strain or injury? Or maybe you're pregnant or postnatal and don't feel up to exercising? Never fear: it doesn't have to be off-limits or intimidating. David Kingsbury, a man to watch in 2015, tailors his training specifically to your needs. Trained in reformer Pilates and pre- and postnatal exercise, he is also experienced at working with injuries. He hosts one-on-one sessions either at the DKPT Studio, in west London (£90), or in the comfort of your own home (in west or central London only; £105). He also runs small high-intensity fitness classes and group Pilates sessions. dkpt.co.uk

WELLNESS BALL BY TECHNOGYM

This year, we need to break the habit of sitting slouched at our desks for long periods. The Technogym Wellness Ball (£230) has a dramatic effect on posture and wellbeing. Weighted at the bottom, it provides greater stability when used as a chair. It also has a quick-response (QR) code on the washable cover that can be recognised by your smartphone or tablet, which gives you access to exclusive training programmes. All in all, a great, multifunctional way to use the ball on your lunch break. technogym.com

BOOGIE BOUNCE XTREME

Who knew a mini trampoline could hold so much fitness fun? Boogie Bounce Xtreme is one of the latest trends to sweep the nation — the classes (held nationwide) simply involve jumping up and down in sync to high-tempo music, adding in choreographed moves when required. It could almost be termed "dance jumping". Ideal for those who are looking for an exercise routine

RIVALRY BETWEEN SPORTS CLUBS IS A GOOD THING — IT'S ABOUT DEVELOPING TEAM SPIRIT, MOTIVATION AND FRIENDSHIPS



with less stress impact on joints, this is a fun way to get fit, tone your body and improve co-ordination. *About £5 a class; boogiebounce.co.uk*

FIERCE GIRLS

As Beyoncé says: "Who runs the world? Girls." Unleash your inner strength with a sweaty, ladies-only class, Fierce Girls, from the people behind the hot yoga studio Fierce Grace. Suitable for all levels, the class will put your body through its paces with a combination of yoga poses, including power and ashtanga yoga, bikram and classic hatha yoga. It lasts 80 minutes, with an optional 10 minutes of relaxation and meditation on top. Classes start on January 19 and run weekly (£15). New studios open this year in Beckenham, Kent, as well as Dublin, Paris and Stockholm. fiercegrace.com

COAST-TO-COAST CYCLE CHALLENGE

Why not challenge yourself while raising money for a charity of your choice? Beginning at Whitehaven in Cumbria, the 140-mile route will take you through the Lake District and the Pennines, and up into Northumberland before finishing at Whitley Bay. The route is run over a weekend (May 15-17), and involves steep hill climbs and descents, so training beforehand is essential. charitychallenge.com/expedition/2002/coast-to-coast-cycle-challenge

MATT ROBERTS FITNESS RETREATS

David Cameron's personal trainer, and the man known for changing bodies for good, Matt Roberts is now offering fitness retreats. Each day

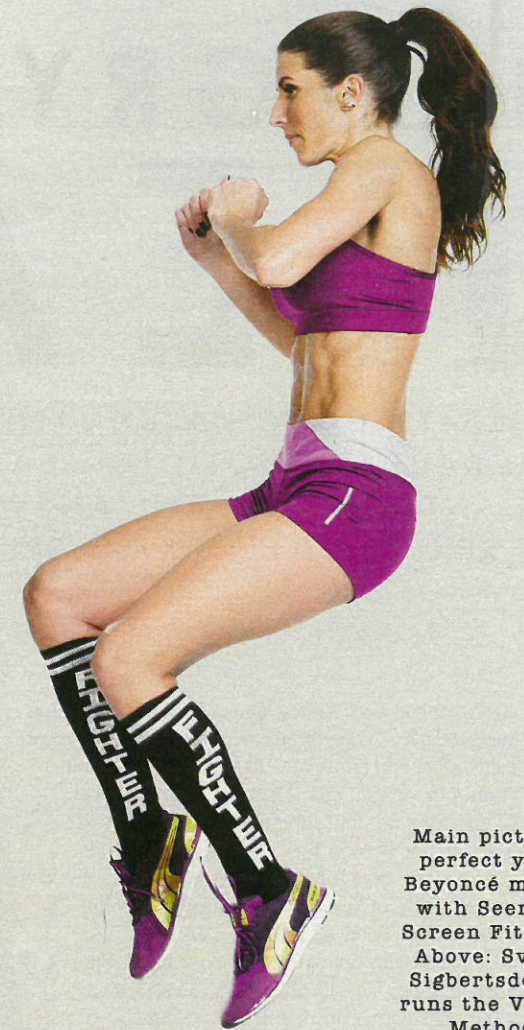
spent away with him includes several hours of intensive training, ranging from core work, outdoor circuits and swimming to Pilates, yoga and agility drills. By the time you leave, you will be on track for a toned, strong, lean body. Currently available in the Cotswolds and the New Forest for 2-4 days, the retreats also include calming massages and freshly prepared healthy meals. Exercise has never been so indulgent. *From £750 (based on two sharing); matroberts.co.uk*

JUST BREATHE WITH CAROLINE KREMER

While we often think of exercising as being about toning or shaping our bodies — mainly the parts we see — changing our health and wellbeing runs much deeper than that, which is why a "lung workout" should be top of your agenda for 2015. Caroline Kremer, a leading bodywork and breath specialist, has created the Just Breathe workout, which is based upon the principles of free and natural wild breathing. After receiving a step-by-step guided breathing analysis from Caroline, you will work on readapting your breathing patterns into a healthy cycle. As well as helping to relax your body, it aims to improve energy levels, promote good posture and positive health. *£150 for the first 90-minute session, held in central London, £115 subsequently (three are recommended); carolinekremer.com*

BODYISM

You heard it here first: this spring, Bodyism is opening an all-singing, all-dancing, luxury flagship studio in Notting Hill to house its holistic approach to health and wellness. That means a state-of-the-art smoothie bar and shop and of course all the most talented, and cutest, trainers in town. While the elite memberships — favoured by the likes of Elle Macpherson, Rosie Huntington-Whiteley and Lara Stone — will still be available, Bodyism is being democratised, with the launch of more affordable tiers, as well as virtual coaching later this year. "It will change



Main picture: perfect your Beyoncé moves with Seen on Screen Fitness. Above: Svava Sigbertsdottir runs the Viking Method

people's lives," promises the founder, James Duigan. bodyism.com; sign up for updates at cleanandlean.com

TREADMILL DESKS

Ever since Victoria Beckham was pictured on one (in stilettos!), these have grown in popularity — and it is not hard to see why. Keeping active while working is important, especially if you're desk-bound in your job. And if you don't want to make a long-term investment, then renting is a great option. You get all the benefits of a healthy workspace while burning calories and staying alert at your desk. *From £16 a week; hirefitness.co.uk*

SEEN ON SCREEN FITNESS

Fancy yourself as a booty-shaking Beyoncé or hip-hop loving Nicki Minaj? Learn how to re-create some of the best-loved routines of favourite celebrities with Seen on Screen Fitness and get fit and have fun along the way. With eight London studios and one in Manchester, there are plenty of classes and workshops to try throughout the year. seenscreenfitness.com

FRAME RETREATS

The local scene not providing the fitness motivation you hoped? Then why not book a retreat with Frame? Try Morzine in April or September and enjoy your exercise classes against the backdrop of the French Alps, head for the azure-blue Aegean coast of Turkey in July, or to Villa Mandala in southern Morocco in August. Choose from Pilates, fitness classes, surfing and yoga, with delicious meals and time to explore and relax. Your body will be left feeling in peak health by the time you leave. *From £400 for 3 nights (excluding flights); moveyourframe.com* ♦