

The body part **BOOT CAMP**

Wanna SHOW OFF perfect pins or flaunt your midriff in new-season trends? We have the MIRACLE MOVES you need to work the latest peek-a-boo looks **BY BETH GIBBONS**

From cut-offs to cutaway dresses, A/W '12 is all about flashing the flesh. Gulp. "Fashion's erogenous zones change all the time," says stylist Abi Rogers. "Cleavage is so overdone at the moment; the new sexy is about showing less obvious areas, such as the shoulders or upper abs." Oh yeah, all the areas you've been neglecting... until now. With these hone-and-tone moves, you'll be ready to show off these parts of your body before you can say "catwalk copy."

Style spot **AWESOME ARMS**

Who's rocking it? Michelle Obama has got some serious arm candy thanks to 5am gym sessions. We're not sure we fancy getting up that early, but we're up for the sexy-but-sophisticated arm-baring shirts and dresses that are all over the high street this season.

Fash yourself fit "This multitasking move will give you amazing upper-arm definition by trimming your triceps while helping to sculpt shoulders," promises celebrity trainer Dan Roberts.

✦ Get into a press-up position, supporting yourself on your forearms with your elbows beneath your shoulders and your hands clasped together.

✦ Lower your body down so your chin nearly touches your hands then push back up.

✦ Do five sets of five every day and you'll see a difference in a week.



The First Lady of toned arms

Style spot **BUFF BUM CHEEKS**

Who's rocking it? Whether she's wearing Daisy Dukes or leather dresses, Rita Ora always manages to look peachy. And with the curve-hugging winter pencil skirts coming in, we'd best get our own ass into gear.

Fash yourself fit "This exercise firms up your gluteus maximus muscle [your bum, basically] as well as the backs of the legs, so you'll increase the definition of both," says Dan.

✦ Stand on one leg with your supporting leg slightly bent.

✦ Tilting from your hips, slowly bend forwards as far as you can, without locking the knee of your fixed leg, so your other leg swings back.

✦ Gently return your body to standing position.

✦ Repeat 20 times on each side daily and you'll be perky before the month's out.



Rita is super perky



Style spot
PERKY PEAKS

Who's rocking it? Rihanna is rarely seen without her girls in prime position these days, thanks to structured 'n' cropped frocks and bra tops that rock. If you want to work the same look, you need to get yourself a pert bust. Eek.

Fash yourself fit "This bust booster targets the ligaments attached to the pectorals – that's your chest muscles FYI

– to give you a natural lift," says personal trainer Anna Reich.

✦ Lie on your back with knees bent and your feet flat on the floor.

✦ Hold on to a pair of dumb-bells, or two cans of beans, with your arms outstretched to shoulder level and your palms and weights facing the sky.

✦ Keeping your arms outstretched,



Rihanna is perky in a few ways

bring your hands together to meet above your boobs, as though you're hugging a big tree. ✦ The movement comes purely from the shoulder joint, so be sure to keep that elbow joint locked throughout.

✦ Return arms to the floor, then repeat 12 times daily so you're ready to work that uber-crop top in a month.

Style spot
SCULPTED SIDE

Who's rocking it? Model Miranda Kerr was born to wear cut-out dresses and bodies, thanks to her perfectly sculpted waist and sides. Sigh. It's all about the slightly more reserved mesh-panelled body tops for us, where just a little more is left to the imagination.

Fash yourself fit "This magic move tightens the oblique muscles running down the side of your abs to give you coveted curves," says Dan. ✦ Lie on your side with your arms

stretched out above your head.

✦ Suck in your tummy, until you feel your abs and sides tightened, then lift

both legs up off the floor and hold this position for 20 seconds.

✦ Do five repetitions on each side every day and you should see results in a couple of weeks.



Cut it out like Miranda

Style spot
MODEL-WORTHY MIDRIFF

Who's rocking it? We're copying *X Factor* fave, Tulisa, and working a cropped top with a high-waisted skirt. It's a super-flattering way to make the most of a midriff, but frankly our tums have seen better days.

Fash yourself fit "This move is all about working the upper abs to tone that area just above your waist," says Anna.

✦ Lie on your back, pressing your spine against the ground.

✦ Keep your legs squeezed tightly together and raise them 45° off the floor.

✦ Lift your chest, upper back and shoulders off the ground, without using your arms, before reaching forward, stretching out as far as you can towards your toes.

✦ Pulse back and forth as far as feels comfortable for 30 seconds, then rest.

✦ Do this five times a day to see toning results in a matter of weeks.



Tulisa looks absolutely fab

Style spot
LUSH LEGS

Who's rocking it? Angelina Jolie just couldn't help getting that leg of hers out at the Oscars. But while she flaunts it in a Versace gown, us mere mortals will more likely be parading our pins in one of autumn's sheer maxis down the pub.

Fash yourself fit

"This three-in-one exercise will tone your leg from thigh to foot," says Anna.

✦ Stand with your feet hip-width apart, toes pointing forward. Then lunge forwards with one leg.

✦ Reach your hands forward and towards the ground, as though you're



Perfect your pins à la Angelina

going to do a handstand.

✦ Straighten your leading leg, and raise your back leg a few inches up behind, before slowly moving it out to the side until you can see your toes when you glance sideways.

Hold for 10 seconds.

✦ Return your legs to the lunge position, then thrust from the front foot back to a standing position.

✦ Alternate each leg, doing two sets of 10 daily and you'll have flash-worthy pins in as little as a month.

'The NEW SEXY is all about you

showing off LESS OBVIOUS areas'