

#FIT IN
30
minutes

Pilates with

POWER!

Want to flash your tum in your bikini this summer? Celebrity trainer Chris Richardson shows you how to tone up fast with his power Pilates workout

Envious of Cameron Diaz's taut tum? Yes, us too! Forget enduring endless crunches, she thanks her weekly Pilates sessions for her washboard abs. And thanks to Chris Richardson, CEO of Zero Gravity Pilates (zerogravitypilates.co.uk), we have a Pilates plan that will let you ditch the kaftan and tummy-covering tankini in no time.

This isn't any ordinary strengthening and toning class, though. This is Ultra Dynamic Reformer Pilates - a buzzed-up style that boosts your body and your metabolism, and promises to create long, lean muscles and sculpt your shape, even if you're short on time.

'All exercises are controlled with elements of traditional Pilates and functional training (moves that help you perform everyday activities more easily),' explains Chris. 'Instead of counting reps, you work to time - the most effective way to get results when you have a 30-minute window to work out.' And Chris promises it will hit your core unlike anything else.

Chris' *Power Pilates* Plan

'This routine will help tighten your abs and flatten your tummy,' says Chris. It will target muscle imbalances either side of your core stabilising your lower back, strengthen pelvic floor muscles and increase flexibility.'

MASTER THE MOVES



Kneeling Plank

Kneel on the floor, resting your weight on your forearms and knees so that your feet are just touching the ground. Keep your elbows beneath your shoulders so your body forms a straight line.



Full Plank

Bring your knees up off the floor and form a straight line from your head to your toes. Your weight should rest on your forearms and the balls of your feet.



Mountain Climbers

Go into a high plank with hands beneath shoulders. Bend your left leg and pull it in towards your body and left elbow. Lower back down, repeat on other side.



Flutter Kicks

Lie on your back, arms by your sides. Engage your abs and lift feet around 6in off the floor. Make small, rapid up and down scissor motions with your legs.



Single Leg Drops

Lie on your back and place hands under your bottom. Raise your legs so your feet are pointing towards the ceiling. Slowly lower your left leg towards the floor, keeping your right leg still. Lift left leg back up and repeat on other side.

Double Leg Drops Repeat as above, but lower both legs at the same time.

Kneeling Side Plank

Lie on your left side, resting your weight on your left forearm.

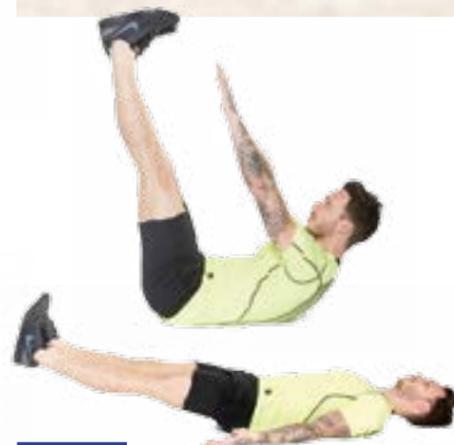
Bend both knees at 90 degrees, resting one leg on top of the other. Engage core and lift hips off the ground. Lower and repeat on other side.



Full Side Plank

Turn on to your left side with legs extended and feet and hips resting on the ground, stacked up on top of each other.

Place left hand directly under shoulder to prop up your torso and align head with spine. Lower back down and repeat on other side.



V Ups

Lie on your back. Engage your core and lift your torso off the floor, while also lifting your legs off the floor. Your body should form a V-shape.

TIPS

» **Aim for quality over quantity.**

Slow down and get the most from each rep.

» **Don't tilt your pelvis forward when exercising as this will place strain on your lower back.**

Keep neutral through your spine and engage your core.

» **Team this routine with a HIIT session to complete your weekly workout.**

It's great for burning fat and speeding up your metabolism.

THE WORKOUT

WEEK 1	WEEK 2	WEEK 3
Squat, kneeling plank, mountain climbers, kneeling side plank, single leg drops	Squat, kneeling plank, mountain climbers, kneeling side plank, single leg drops	Squat, full plank, mountain climbers, full side plank, double leg drops
30 secs per exercise 1 min recovery x 3 sets	45 secs per exercise 45 sec recovery x 3 sets	45 secs per exercise 45 sec recovery x 3 sets
WEEK 4	WEEK 5	WEEK 6
Squat, full plank, mountain climbers, full side plank, double leg drops	Squat, full plank, mountain climbers, full side plank, double leg drops, V ups, flutter kicks	Squat, full plank, mountain climbers, full side plank, double leg drops, V ups, flutter kicks
60 secs per exercise 30 sec recovery x 3 sets	45 secs per exercise 35 sec recovery x 3 sets	50 secs per exercise 30 sec recovery x 3 sets
		Add an extra training day

Perform the workouts on Monday, Wednesday and Friday each week

Tell us about it!

After your workout, let us know how it was for you at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)