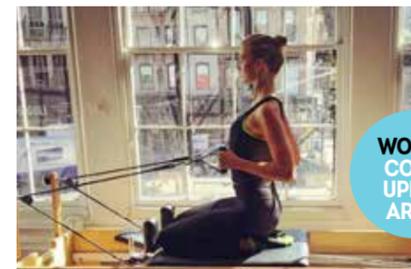
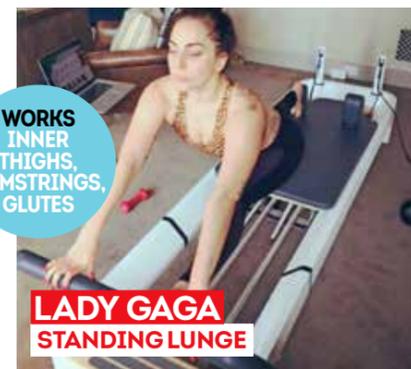


THE MOVES



WORKS  
CORE,  
UPPER  
ARMS

**KARLIE KLOSS**  
KNEELING ROW



WORKS  
INNER  
THIGHS,  
HAMSTRINGS,  
GLUTES

**LADY GAGA**  
STANDING LUNGE



WORKS  
LOWER  
BACK,  
GLUTES  
ARMS

**KATE HUDSON**  
HANGING TRAPEZE

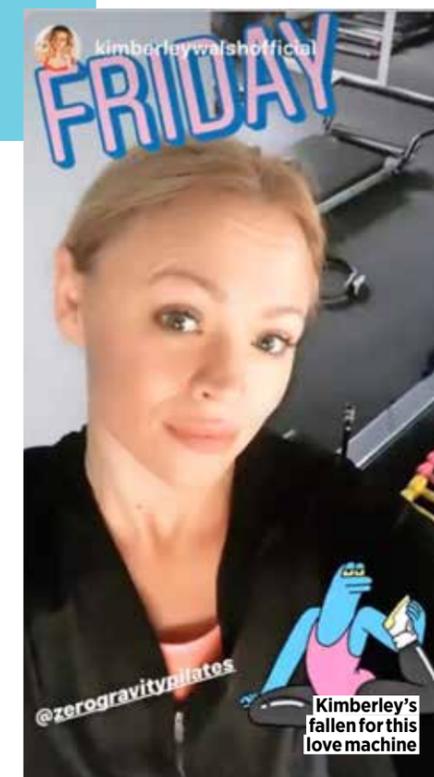


WORKS  
CORE,  
UPPER  
BODY

**NICOLE  
SCHERZINGER**  
CADILLAC WALKOVER



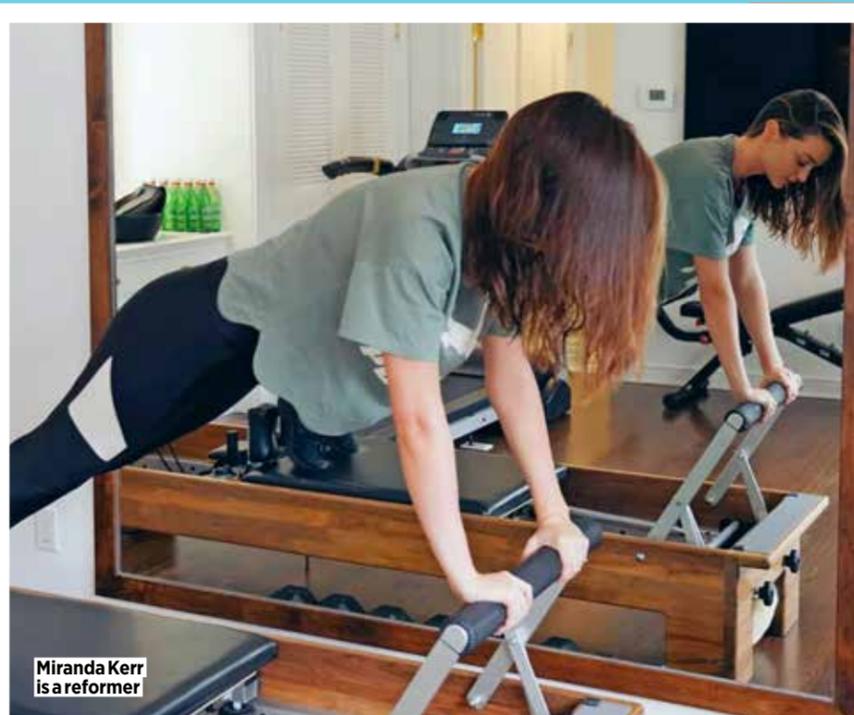
Khloé loves going to bed



kimberleywalshofficial

FRIDAY

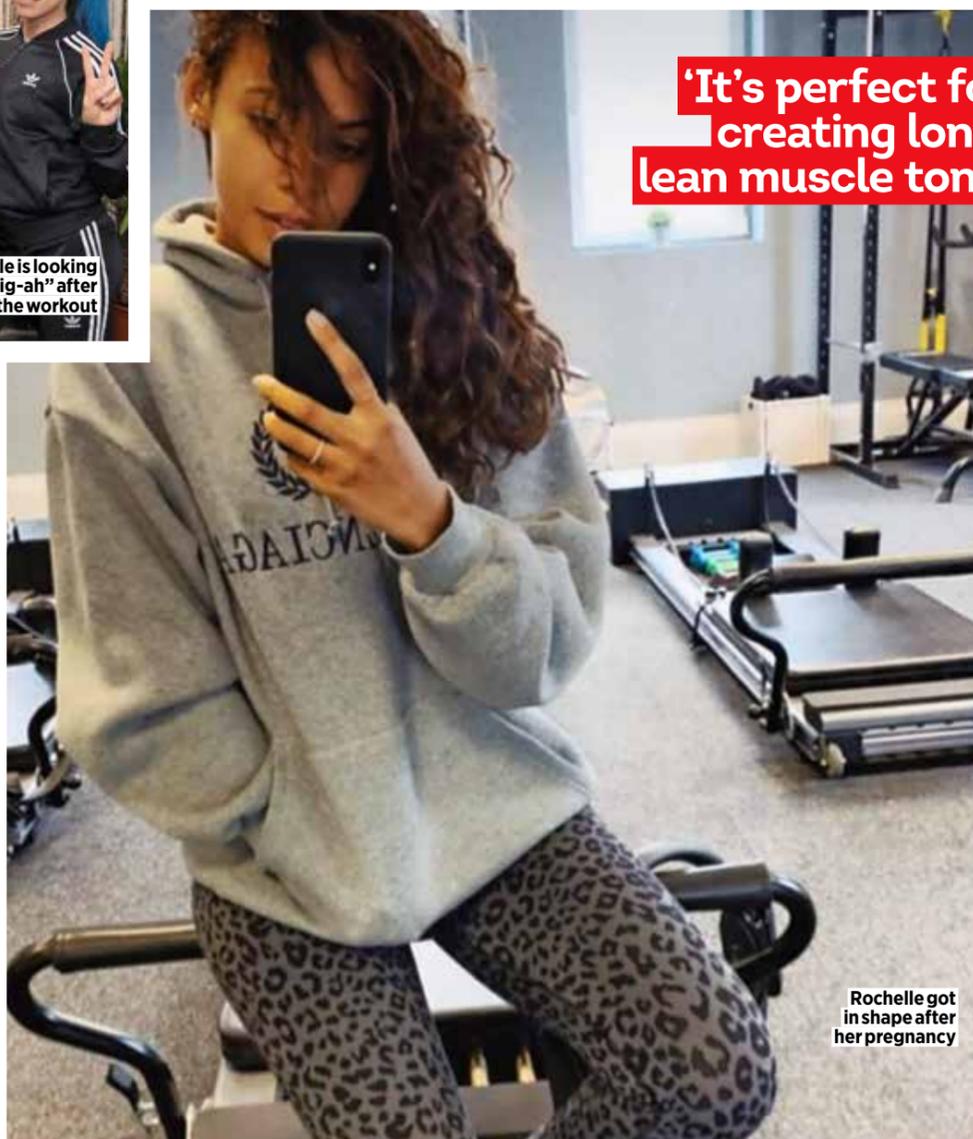
Kimberley's fallen for this love machine



Miranda Kerr is a reformer



Adele is looking "zig-a-zig-ah" after doing the workout



'It's perfect for creating long, lean muscle tone'

Rochelle got in shape after her pregnancy

# Pilates REFORMED

The workout craze that Adele credits for her healthy new look

When we heard that Adele got her banging post break-up body thanks to a workout that involved a bed, we were totally on it. Sadly, it wasn't the kind with fluffy pillows and a snuggly duvet. Adele has become hooked on Reformer Pilates, and has been joining her mate Ayda Field for classes in LA using a sliding bed designed to maximise your movements. She showed off a slimmer, healthy figure following her split from her husband Simon Konecki at the Spice Girls concert in London last month, and it was clear that she's feeling better than ever. The reformer looks a bit like a medieval torture device tbh, but this exercise craze is massive with A-listers across the globe who credit it for giving them their long, lean bodies. Zero Gravity Pilates in London ([zerogravitypilates.co.uk](http://zerogravitypilates.co.uk)) has had more celebs through its doors than a party at Elton's house. And, according to its co-founder Chris Richardson, there is nothing to fear from the Reformer Pilates

bed, as it's a great way to supercharge the traditional Pilates workout. He says, "Our Pilates Reformers are pioneering and state of the art. The classes we offer are dynamic, innovative and present many more exercise options than traditional mat work." **WORK TO FAILURE** Chris adds, "The tough springs on the Reformer frame provide resistance as you perform Pilates movements, strengthening your muscles and toning your body. Unlike the more static, mat-based version, in a Reformer class, you will lift, push and stretch, working deep into your muscles. All the exercises are controlled with elements of traditional Pilates and functional training (moves that help you perform everyday activities more easily). And instead of counting reps, you work to failure, which is a really great way to push yourself and get results." Everyone from Meghan Markle to Lady Gaga has raved about the workout, so why

are celebs so obsessed? "Reformer Pilates is perfect for creating that long, lean muscle tone that women love," Chris explains. "But as it's low impact, it's great for people who are recovering from injury - we have a lot of athletes coming to us - and it is an ideal workout for both pregnant and post-natal women. We've had Chloe Lewis in our studio throughout her pregnancy, and Rochelle Humes came to us to get back in shape after she'd given birth." **SUPERMODEL POSTURE** Despite spending most of the class on a bed, you can expect to leave feeling sweaty. "The classes last about an hour and, although it's not a cardio workout, you will work up a sweat," Chris assures us. And the results speak for themselves as, within a few weeks, you should notice your body feeling more sculpted and toned, any aches and pains should be eased, you'll have increased flexibility, and your posture will be supermodel-straight. ■