

BEAUTY

Rosie Huntington-Whiteley.



BEAUTY BRAINS

THE RIPPLE EFFECT

#Fitspo followers, prepare to take it up a level. The hottest body hashtags on Instagram are #fitabs and #situps. Forget skinny: this summer we all want sixpacks. Start with a stretch and these secrets from the ab experts.
By TRACEY WITHERS

THE MODELISER

LA-based “body stylist” Nonna Gleyzer (bodybynonna.com) sculpts superbodies Gisele and Stacy Keibler. Her surprising advice: ditch killer crunches. “I don’t like overdoing them — it sends stomach muscles into spasm and can expand a woman’s rib cage so she actually looks wider,” Gleyzer explains. “And they give you short-looking abdominals, not that long definition women want.”

Her go-to exercise is the “elephant” move, performed on a Pilates reformer. “I never do a lot of repetitions of any move — it also shortens muscles. I’ll do 10 or 15, have a little break, then switch to a different Pilates

exercise.” If doing Pilates on a mat, focus on your back first. “I always have the spine supported by a yoga [bolster] so when you do ab work the stomach muscles are only responsible for the stomach, not the back. It lifts the intensity without risking injury.”

THE POWER PT

Lesson #1: ripped women work on their abs even when they’re not working their abs. “You could do 100 sit-ups a day but your abs won’t show like you want them to unless you get lean doing a cross-section of fat-burning and whole-body training,” says Nathan Mago from F45 Training in Sydney’s Neutral Bay (fans of the gym include model Nicole Trunfio and boxing champ Lauryn Eagle). Get the Tabata started. “Basic Tabata interval training is 20 seconds of high intensity on, then 20 seconds off for rest, repeated for a 20- or 45-minute session.” Apply it hard to gym circuits of bike, kettlebells, rower and ab-focused plank, and watch your targeted ab exercises pay off faster.

THE A-LIST’S 40+ COACH

What dark magic is this? Cameron Diaz and Halle Berry are defying the natural order and actually upping their abdominal game *after* their thirties. Berry’s trainer, Ramona Braganza, swears, “It’s just lean and clean eating like in my 321 Nutrition plan and 321 workouts [ebooks and videos on ramonabraganza.com] and daily training.” The secret? Use everything you can to blowtorch the fat that clings to an over-40 belly like a blubbery toddler. “Spicy foods, known to raise metabolism slightly, burn 10 extra calories. Iced green tea has also been proven to speed up metabolism — Swiss researchers found you burn up to 266 more calories per day, but use real tea bags you’ve steeped rather than bottled [options].”

In the gym, execute defence strategy. “Try the ‘sprawl’ move. Boxers [and martial artists] use it to warm up and they have great lean abs,” Braganza says. “Boxing rotation jabs and crosses are not traditional ab exercises but work quicker on obliques [since they recruit more muscle fibres]. These side-muscles give that V-look to lower abs.”

THE NUTRITIONIST

Experts agree: abs are made in the kitchen. And, yes, we’ve got it: cut sugar, alcohol, fat and all processed, calorific carbathons. The next step, says Sydney nutritionist Jaime Rose Chambers, is to get a handle on hormones, especially when spiking, stress-responsive cortisol interferes with insulin and sets off cravings. “Fibre and chromium, fish oil and cinnamon can assist regulation of sugar levels