

Women's Health

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At The

2014

Oscar Body
Party



Join us as we reveal the
secrets behind the most
covetable Oscars physiques
of all time, from the trainers
who sculpted them

Words SOPHIE VOKES-DUDGEON

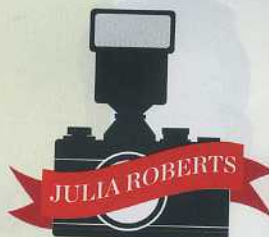
WON 2001 BEST ACTRESS
FOR ERIN BROCKOVICH

Wore: Vintage Valentino gown

Trained by: Kathy Kaehler

Fitness focus: Shoulders, arms, hips

One of the first to wear vintage to the Academy Awards, Roberts and her trainer, Kathy Kaehler (who she's trained with for 20 years), had to work hard to ensure she was honed for the smaller vintage sizes. "In the lead-up to that day, we did a lot of push-ups and planks," reveals Kaehler, working her shoulders, chest and upper arms. "They're the best moves for upper body conditioning if you don't want to bulk up. We also worked out in her pool to mix it up a bit," says Kathy. You can burn nearly 400 calories doing a 45-minute underwater workout don't you know? Swimming caps at the ready.



GET THE LOOK

These two moves from Kathy Kaehler will sculpt shoulders and tone thighs and hips

FRONT AND REAR DELTOID RAISE

By working your posterior and anterior deltoid muscles, you shape and tone your shoulders and make your waist look trimmer.

- a) Stand with your knees bent. Hold the weights in front of your thighs. Start with a 1.25kg weight and build up to 4kg.
- b) With your shoulders back, raise your arms in front so they are level with your shoulders.
- c) Lower the weights, then bend at the waist, keeping your back straight. Then lift your arms out to the side.
- d) Lower your weights then return to standing. Do two sets of 10 reps twice a week. Now who's a *Pretty Woman*?



UNDERWATER MARATHON

Get your heart pumping, your hip and thigh muscles sculpted and your shoulders sleek with this simple on-the-spot running exercise.

- a) Get into the deep end of the swimming pool wearing a buoyancy belt. Stand tall in the water, keeping your body in a straight line from head to toe.
- b) Start running on the spot. Pull your knees to hip height and slightly point your toes. Swing your arms, keeping them bent at 90 degrees. Do intervals, alternating between running for one minute and sprinting for one minute. Repeat for 20 minutes, twice a week. Goggles advised.

Red carpet advice: "Eat a light breakfast, then do 30 minutes' cardio before an event to control nervous energy," says Kaehler.



WON 2002
BEST ACTRESS
FOR *MONSTER'S
BALL*

Wore: Burgundy
Elie Saab gown with
sheer bodice
Trained by:
Harley Pasternak
Fitness focus:
Abs, back
and shoulders

Halle turned heads when she emerged on to the red carpet in a sheer dress displaying those enviable abdominals. Her sensational stomach was the result of just five minutes of abs work a day, according to her long-time trainer, Harley Pasternak. "She was my inspiration for the five-factor training method. We worked out five times a week for 25 minutes, each day working a different part of the core. At home, spend one day working the upper abs, then the lower abs the next day, then the obliques, then the lower back. Stability exercises strengthen the major parts of our core and improve the way we look by creating a longer, leaner silhouette." That's us told.



GET THE LOOK

Work your abs and create a strong back with this workout from Pasternak

CORSET SEATED TRUNK TWIST

Work out the often-ignored transverse abdominals, which wrap around the core, and enjoy the 'corset effect' - a flatter waist and belly.

- a) Sit on the floor with your knees bent and heels on the ground. With your arms straight out in front of your chest, place your palms together and lean back at a 45-degree angle.
- b) Brace your core and rotate to the left as far as you can, without raising or lowering your torso. Pause, then twist to the right as far as you can. Do 20 reps. To work harder (you know you want to), lift your feet off the ground.



THE SUPERMAN

Strengthening your spinal erector muscles is the key to flattening your tummy and lengthening your midsection. Strong back muscles make you stand straighter instead of hunched over, and slouching can make your tummy look bigger than it is.

- a) Lie face down on a mat or flat surface with your arms outstretched. Lift your arms towards the ceiling, as if you were flying. Lower back down and repeat.
- b) For increased difficulty, add your lower body, lifting your legs at the same time as your arms so your body looks like the letter X from above. Tap the floor with your hands and feet in between reps. Hold the move at the top of the last repetition for a few seconds to gain added muscle tone, which is helpful when you're a superhero.



Red carpet advice: "Try hara hachi bu (a Japanese custom) - stop eating you're when 80% full and see if you're full 10 minutes later," says Pasternak.

**WON 2006 BEST ACTRESS
FOR WALK THE LINE**

Wore: Ivory vintage Dior dress
Trained by: Matthew Reyes
Fitness focus: Deltoids, shoulders,
upper arms and obliques

Reese found her 1955 vintage Dior dress in a Paris boutique, but even she worried about going sleeveless. "The one body part women fear is a flabby-underarm. A dress like Reese's required focus on the triceps, biceps, shoulders and waist," her trainer Matthew Reyes told us. Reese got red carpet-ready with a 5km jog three times a week and by heading to Matthew's YogaHop class. "It's a 60-minute class that combines yoga moves with cardio and body-weight strength training," he explains. "It works all your major muscle groups." Hop to it.



GET THE LOOK

**Matthew Reyes' upper body
moves tone abdominals
and trim arm flab**

**DOWN DOG
INTO PLANK**

Banish bingo wings and sculpt triceps and shoulders with this yoga twist on the traditional push-up.

- a) Start on all fours with your wrists six to 12 inches in front of your shoulders. Keep your knees hip-width apart and curl your toes under. Pushing into your palms, lift your knees off the floor. Raise your hips towards the ceiling and straighten your legs so you look like an inverted V.
- b) Next, transfer your weight forward into a plank, keeping your core strong. Push back into a down dog, rolling from the balls of your feet to your heels. To work harder, move into a halfway push-up. Bending the arms engages the triceps. Repeat the sequence again. And... again.



**TIMED ABS
CRUNCH CYCLE**

Matthew's daily cycle of stomach crunches tightens the upper and lower abdominals and the obliques for a slender waist. Do this group of crunches six or seven times a week.

- a) Set a timer for three minutes. Alternate between crunches, reverse crunches (lie on the floor with your legs in the air and lift your pelvis off the floor) and oblique crunches.
- b) Go for as long as you can, rest, continue, rest, until the time is up. Then move it up to four minutes. The aim is eight minutes. By that stage, you can turn on the TV and just crunch in front of the morning news.



Find more Hollywood workouts at womenshealthmag.co.uk/fitness/celebrity-fitness

Red carpet advice: "For two weeks before an event, don't eat after 7.30pm to help your digestion and sleep," says Reyes.

