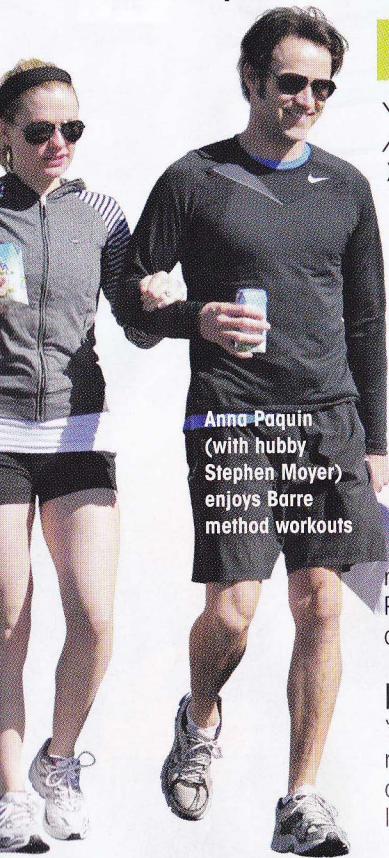


# HOT NEW WORKOUTS

Bored with your morning run? We give you the lowdown on the latest fitness trends the stars are using to get into shape – and tell you where you can



Anna Paquin (with hubby Stephen Moyer) enjoys Barre method workouts

## WORKOUT:

### XTEND BARRE

Xtend Barre instructor Rockell Williamson spills on this Pilates-cross-dance training.

#### WHAT IS IT?

'Xtend Barre is Pilates and dance amplified. Andrea Leigh Rogers, the creator, has fused traditional ballet and dance exercises with the strength and safety of Pilates,' Rockell says. 'We work on exercising each individual in their challenge zone and perform very small and precise movements. There is constant muscle mixing done with high repetitions – which burns serious calories. People feel and see changes in their body after three to four sessions.'

#### BENEFITS AND RESULTS

'Xtend Barre is an effective and well-rounded workout, as not only do we focus on toning and burning calories, but we layer in stretching as well. Also, because

everyone works in their own challenge zone and their own range, it becomes achievable for someone who may like to run, but whose knees don't cope well with running,' Rockell explains.

'One of the other wonderful things that I love about Xtend Barre is the changes it brings to people's posture,' Rockell adds. 'Often in other workouts, people focus on their body during the workout but then forget about it the moment they walk out the door. Xtend Barre creates such great postural awareness just from the positions we do in each class. The benefits that we all know and love from Pilates are seen in Xtend Barre, but with the added bonus of a fun cardio workout.'

#### CELEB DEVOTEES

Madonna, Drew Barrymore, Kelly Osbourne, Anna Paquin, Denise Richards and Ginnifer Goodwin are fans of this method.

#### CLICK ON

Visit [xtendbarreaustralia.com.au](http://xtendbarreaustralia.com.au) for a list of studios offering classes in the country.



*Watch this space!*  
Recently launched in the US, the *Xtend Barre Lean & Chiseled* DVD will be available here soon

Xtend Barre is a fast-paced style which draws on Pilates and ballet

## WORKOUT:

### CARDIO

Julia Balaz, founder and Studio in North Sydney e astronaut training, will ge

#### WHAT IS IT?

Cardiolates combines the cardiovascular and h on a rebounder c consists of a strengthener – such a by 30 m careful workout

*It's here... Piloxing!*  
Piloxing combines dance, Pilates and boxing and is now available at The Music and Motion Studio in Melbourne. Visit [musicandmotion.com.au](http://musicandmotion.com.au) for more info

#### BEN

According Applied Ph more calories loss tool. It's also g absorbs 87 per cent of th posture by strengthening stimulates the lymphatic with participants feeling

#### CELEB DEVOTEES

Kimora Lee Simmons (ri Navratilova have embrac

#### CLICK ON

Visit [wellcentred.com.au](http://wellcentred.com.au) and info on new studios Sydney, ACT, South Austr

## WORKOUT:

### SOUL CYCLE

Before Katie Holmes and Tom Cruise (right) headed out for dinner to celebrate Katie's 32nd birthday last December, the couple stopped by SoulCycle in New York to do a class. Here, SoulCycle representative Gabby Etrog Cohen reveals why A-listers love the gruelling, but effective and exhilarating form of exercise

#### WHAT IS IT?

'SoulCycle is an intensive full-body indoor cycling workout set to cool music. The sessions relieve stress, burn fat, tone, improve aerobic endurance and, over time, change body shape. We motivate people in our sessions to really get stuck in and to even change their lives,' Gabby says.

#### HOW IS IT DIFFERENT TO SPIN OR RPM?

'We have different types of sessions at

at times and then do exercises like push-ups and tricep dips. Then there is 30 minutes of riding, using things like ½-1kg hand weights – doing exercises such as bicep curls, punches and dance rises. Then, at the end, there is a full body stretch, still on the bike.'

#### WHY DO CELEBS LOVE IT?

'What attracts people to this method is the collective energy that builds quickly within the class,' Gabby says. 'It's non-competitive



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