



By Nicki Waterman

Target your body type

Thin but flabby? Fat but fit? No matter what your shape, we've got the tailored-to-you plan to transform your figure into a slimline hourglass shape in time for summer.

To achieve the svelte shape you desire, you need the right fitness and food plan for your body type. Yes, we're talking about the apple, pear and kiwi shape; the varying levels of body fat and muscle tone that make real women differ from each other physically. Here, we've identified the three real-life body types and provided the perfect exercise and food prescription for each one.

Each plan starts with tailored-to-you versions of the core strength moves below, plus two unique moves for your body type. You'll also follow specific cardio recommendations; choose any activity you like, and check the scale below to determine how hard you should be working out. Remember to warm up, stretch and cool down. This is it – the personalized workout system you've been waiting for!

How hard are you working?

Customize your cardio sessions by exercising at the right intensity.

- **Light**
You're moving slowly, can speak with ease.
- **Moderate**
You're slightly breathless but can still talk.
- **Somewhat Hard**
You're breathing fast.
- **Very Hard**
You're panting and exercising vigorously.



Core strength exercises

Squats

Stand with feet shoulder-width apart; bend knees to 90 degrees, weight on heels. Squeeze bum to stand. Repeat.

Lunges

Stand with feet hip-width apart. Take a wide step back; land softly. Lower hips until front knee is at 90 degrees. Squeeze bum to stand. Switch legs.

Step-ups

Step up onto step with right foot; bring left leg up. Step down with right foot, then left. Switch legs and repeat.

Push-ups

Start on hands and knees; hands shoulder-width apart. Extend legs straight behind you and balance on hands and toes with your body in a straight line. Bend elbows to lower chest to floor, then straighten to push up. Repeat.

Chest press

Lie on back with knees bent; hold weights by chest, palms forward. Push up over chest to straighten arms. Lower and repeat.

Rows

Sit in chair, feet flat on floor. Lean forward with straight back. Hold weights beside ankles, palms in. Pull elbows up and behind. Lower, then repeat.

Overhead press

Sit in chair, feet flat. Hold weights by shoulders, palms facing forward. Push hands up to straighten arms. Lower and repeat.

Biceps curls

Sit or stand. Hold weights by sides, palms forward. Lift weights to shoulders, elbows by sides. Lower and repeat.

Ab twists

Lie on back, knees bent, feet flat, hands behind head. Raise shoulders three to six inches off floor, then rotate rib cage to each side. Lower and repeat.

Kiwi: Out of shape and overweight

Your body:

There's no hiding the fact that you have weight to lose. You're well proportioned but when it comes to exercise, you tire easily and feel uncoordinated.

Your workout:

Take small steps that you can accomplish easily.

Focus on:

Building stamina with easy to master activities like walking and cycling, performed at low intensity – incorporating intervals (higher-intensity bursts) into cardio sessions to boost calorie burn – using light weights – developing torso stability.

Ignore:

Hard workouts – complicated fitness classes – sports that require advanced skills.

Your better body workout plan

Core Exercises:

How much weight: use 0–5lb dumbbells.

How often: 2 times a week.

How hard: 1 set, 10–15 reps.

Cardio:

How long: easy sessions, 35–45 minutes.

Interval sessions: 20 minutes.

How often: easy, 3 times per week.

Intervals: 1 time per week.

How hard: easy, light intensity intervals, alternate 30 seconds at moderate with 3 minutes at light intensity.

For balance and control

Stand with feet hip-width apart and parallel, arms by sides. Slide left foot up right calf to knee. At same time raise arms to sides; stop at shoulder level. Hold for 30 seconds; build to

more. Lower and repeat on other leg.

In same standing position, hold weights in front of thighs, palms facing body. Raise left leg back and right arm in front to shoulder level. Hold 15 seconds (build up to longer). Lower and switch sides.

For cardio and muscle power

a. Stand with feet slightly wider than hip width, toes pointing forward. Bend knees and lower hips to knee level. Support hands on thighs.

b. Gather energy by lowering body slightly, then squeeze bum and thighs to jump, opening legs into a straddle and raising arms to sides. Land softly, shifting body weight to heels. Jump four times.

Pear Shape

Your body:

Your upper body looks great in clothes, but your bum is much lower than you'd like. Your thighs are far too wide, your posture could improve and some body parts jiggle more than they should.

Your workout:

Pump up the intensity of what you do. For strength moves, try to overload the muscles you target as much as possible while maintaining good alignment.

Focus on:

Building muscle – high resistance cardio like cycling, power walking, elliptical training, stair climbing, swimming – improving posture.

Ignore:

Long, low-intensity cardio workouts.

Your better body workout plan

Core exercise:

How much weight: use 5–10lb dumbbells.

How often: 3 times a week.

How hard: 2 sets, 8–12 reps.

Cardio:

How long: 30–45 minute sessions.

How often: 3–5 times per week.

How hard: Moderate to somewhat hard.

For lower body strength

Place right foot on a step. Hold weights by sides, arms straight. Squeeze bum and step up

on left foot; push straight right leg back.

Keep abs tight and move with control.

Lower leg, then repeat on other side.

For lower body shaping

Stand with feet hip-width apart, feet parallel. Hold weights in front of thighs, palms facing body. Step back as far as possible with left foot (back heel off ground) and raise both arms in front to shoulder level. Contract the buttock of front leg and return to standing. Repeat, alternating legs.

Apple shape

Your body:

You don't have much stamina and strength and you carry extra body fat around your middle. The result: You would like to lose that spare tyre, sculpt the rest of your body and get fit.

Your workout:

Maximize the calorie burn by upping the fat-burning engine in your body, with weight workouts and cardiovascular exercise.

Focus on:

Working at a higher intensity during cardio. Try running the elliptical trainer and multi-impact aerobics – harder strength moves and abdominal exercises.

Ignore:

Same old routines – low intensity workouts.

Your better body workout plan

Core exercise:

How much weight: use 5–10lb dumbbells.

How often: 3 times a week.

How hard: 2 sets, 10–15 reps.

Cardio:

How long: Longer sessions: 40–60 minutes

Interval sessions: 35–45 minutes.

How often: Long: 2 or 3 times per week.

Intervals: 2 times per week.

How hard: Long: Moderate intensity.

Intervals: Alternate 2 minutes somewhat hard with 3 minutes moderate.

For a leaner upper and lower body

a. Stand with feet shoulder-width apart, toes forward. Hold weights by thighs. Squat by lowering hips, keeping body weight in heels.

Bend elbows to bring weights to shoulders, palms facing body.

b. Exhale and squeeze bum to stand up, pushing weights overhead. Hold, then lower and repeat.

For torso stability and abs

Lie on back, knees bent, feet flat. Pull in abs to stabilize back, then lift shoulders, reaching arms overhead. Lift right foot slowly, bringing thigh to chest. Hold, then lower foot and switch legs.

With arms and shoulders still lifted, raise left knee to chest. Keeping left knee lifted, slowly pulse right foot, then switch sides. Tighten abs throughout move. If neck tires, bring hands behind head.