

Work it like

Shape up the way your favourite stars do this summer, with a helping hand from some of the world's most sought-after fitness trainers

REPORT *Alice Hart-Davis*

Russell Bateman: The Skinny Bitch Collective

thesbcollective.com

Signature style Russell runs the most exclusive and unconventional exercise classes in London. At SBC you'll find young, gorgeous models and actresses crawling around a West End studio trying to smack each other's bottoms, or giving their all in an old-fashioned tug-of-war, using 'primal movement patterns' to give them lean, strong, feminine bodies. Classes are tough, super-popular and oversubscribed; it's almost impossible to join the SBC without an invitation.

Must-have kit 'The human body,' says Russell. 'That's all you need.'

Takeaway tip 'Squats, sleep and sex are the key things I tell my clients to do,' says Russell.

Cost £40 a class. Only elite celebs get one-to-one

training (and Russell won't divulge his prices for that).

Celeb clients

Suki Waterhouse, Daisy Lowe, Millie Mackintosh.

They say 'I come away feeling on top of the world' - Daisy Lowe.

Suki Waterhouse



Dalton Wong: Twenty Two

twentytwotraining.com

Signature style A less-is-more attitude, with clever use of weights, bursts of cardio and an emphasis on relaxation. Dalton keeps in mind his clients' levels of the stress hormone cortisol; his regulars often suffer from stress, so too much intense exercise (known to exacerbate cortisol levels) doesn't do them any favours.

Must-have kit Functional and flattering workout gear; Dalton recommends Lucas Hugh (lucashugh.com).

Takeaway tip 'When people skip stretching,' says Dalton, 'they miss out on calming and muscle-lengthening benefits.' Try the Kneeling Hip Flexor: kneel on your right knee, with your left foot forward for stability. Tuck your tailbone under, then reach your right arm up and feel the stretch in the front of your hip. Moving your hips forward increases the stretch.

Cost £250 an hour.

Celeb clients

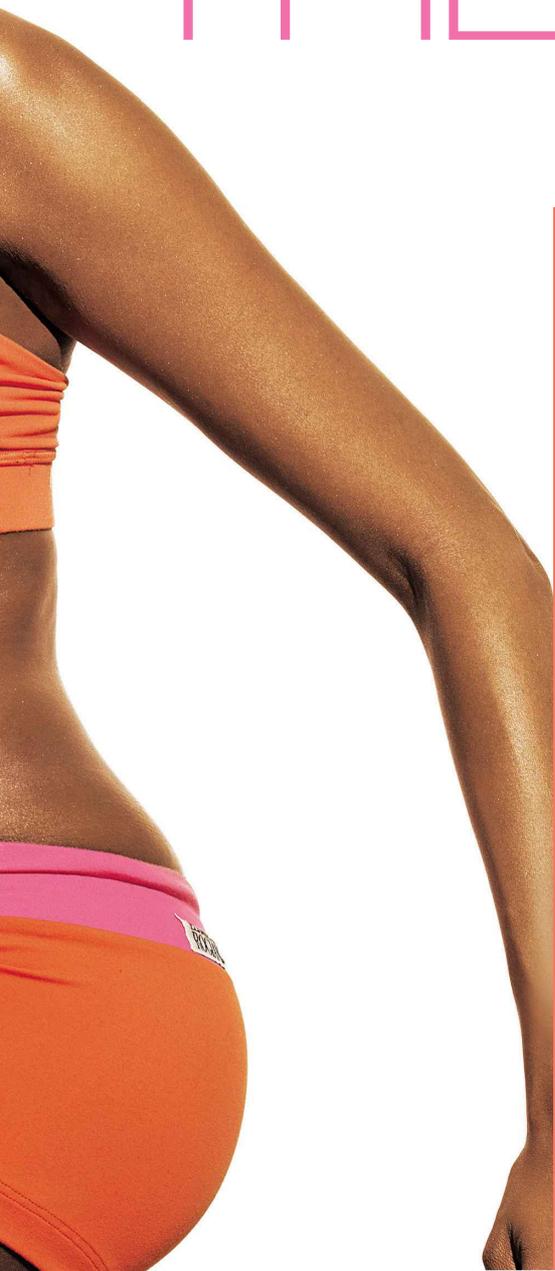
Jennifer Lawrence, Alice Eve.

They say 'Dalton changed my body for a movie but taught me the skills to change my life!' - Jennifer Lawrence.

Jennifer Lawrence



THE A-LIST



Kathryn Freeland: Absolute Fitness

absolutefitness.co.uk and greenfarmfitness.co.uk

Signature style A classic, fad-free approach to improving cardiovascular performance, strength and flexibility, with emphasis on the benefits of exercising outdoors. She's keen for people to use their own body weight while exercising (she recommends press-ups and lunges rather than using weights) and utilise whatever the park presents (such as triceps dips on a bench).

Must-have kit Resistance bands with handles at either end. 'They're cheap and will toughen up a huge number of exercises,' she says.

Takeaway tip The plank – lie on your front with your toes tucked under and your weight on your elbows, then pull your tummy in and lift your body off the floor so that there is a straight line from your head down to your heels. For a challenge, rock backwards and forwards, or lift one leg at a time. 'Do it first thing in the morning,' says Kathryn.

Cost £125 an hour.
Celeb clients Cate Blanchett, model Lisa Butcher.

They say 'Kathryn is an incredible personal trainer' – Lisa Butcher.



Cate Blanchett

Tim Weeks

timweeks.co.uk

Signature style Former Olympic-level triathlete and coach Tim considers himself a 'secret luxury health and lifestyle concierge'. Specialising in women's bodies and issues, especially juggling work and family, Tim brings with him a repertoire of specialists – from doctors to nutritionists – to sort out the rest of your life, too. Clients can call him 24/7 for help and advice.

Must-have kit Decent trainers such as Nike Air Pegasus for running or lightweight Nike Free for general exercise.

Takeaway tip Tim suggests 'bum clams' – lie on your side in a foetal position keeping your feet together and lift and lower the top knee to work your bottom.

Cost £300 an hour, but you have to pay £10,000 upfront before Tim will work with you (all bills are deducted from this; it's to put off people who do a

few sessions then quit).

Celeb clients Bella Freud, Dido.

They say Not much. Tim's high-profile clients are very discreet, as is he.



Bella Freud

Christina Howells

bodybychristina.com and thatgirlondon.com

Signature style Christina is the fashionistas' favourite, specialising in long, toned limbs. She only trains women and likes to include a mash-up of weights and cardio. She is also the mastermind behind the digital workouts on That Girl, the website she created with sportswear designer and personal trainer Charli Cohen. **Must-have kit** Small looped resistance bands. 'They're great to target the outer thighs – place around your ankles and then, keeping legs straight, take short sideways steps across the room,' says Christina.

Takeaway tip Lunges – they target all the leg muscles so are brilliant at toning thighs and creating long, lean legs.

Cost One-to-one training from £85; online training with That Girl costs £15-£35.

Celeb clients Emily Mortimer, stylist Katie Grand (who

inspired the That Girl concept).

They say 'Christina got me back in shape after my son was born. Thank goodness for her' – Emily Mortimer.



Katie Grand