

A-LIST WORKOUTS YOU CAN DO

You don't need a movie-star wage to try Hollywood's hottest new fitness trends. *InStyle* gives them a go

THE HYBRID WORKOUT

Beauty editor **Malena Harbers** hits the treadmill, grapples with weights and throws a few animal shapes in her quest to see some muscle

THE TRIAL I'm a sucker for a new fitness fad. I've tried everything – Zumba, hotpod yoga and even underwater spinning. So, the minute I heard about this new workout from America, I couldn't sign up fast enough. It's called the hybrid and it's a mix of cardio, strength and weight training all rolled into one session. It's not easy, but the idea is that switching between exercises makes you burn a load more calories.

I meet with London-based personal trainer Christina Howells. She teaches a killer combo of treadmill cardio circuits, classic strength training and Animal Flow techniques. For my first session she puts me through 25 gruelling minutes on the treadmill. But this isn't your average jog. She's got me skipping and doing high knee lifts all while trying to avoid falling off.

Next comes my introduction to Animal Flow. The movements, Christina tells me, are named after animals, such as crab, frog and ape, and I panic as I envisage having to run around swinging my arms like a giant ape. But, thankfully, the exercises are more breakdancing poses than alternative drama class. I start in "beast", down on all fours with a flat back, and move into "travelling beast" – a crawling movement across the floor. It's way harder than it sounds, but if Cameron Diaz and Mila Kunis can do it, I determine to stick it out and manage three loops. "You're a natural!" shouts Christina.

The next day I can barely walk up the three steps to my flat door without wincing in

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pain and I have to sit out the next two planned training sessions. "You're hurting because you're challenging muscles you don't normally use when just running or spinning," she explains.

She gives me some homework – online video workouts based on her one-to-one session for when I can finally lift a leg without grimacing. Logging on to the website, I'm pleasantly surprised. No "You can do it!" mantras being barked at you, just a short, Vine-style clip showing you how to perform each move. After an hour, I'm exhausted, and I'm sore the next day but manage to power through two more sessions before the week's end.

It takes three more sessions with Christina and another two with the videos before I'm sold on the hybrid workout.

I'm not sure I've managed to perfect the crab, frog or ape, but I've got calves where there were once none, less of that pesky inner-thigh flab and abs that can hold a plank for a solid two minutes. I've even dropped a whole dress size too.

THE VERDICT If you like to feel challenged and mix up your activities, this fitness programme is for you. Many gyms have started combining two or more types of workouts into a single class, but the easiest way to keep up is the online video workouts because they're equipment-free. Plus, at £35 for unlimited access, they're a bargain. > Visit bodybychristina.com and thatgirlondon.com for more information



THE GIRLS WHO HEART HYBRID
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