

What would you do to get Rosie Huntington-Whiteley's body? When James Duigan, founder of Bodyism and Rosie's personal trainer, offered to get *InStyle's* beauty writer lean and lithe in under a week, he had her at "Hi". Here's how she got on...

Monday day one

It's not the most auspicious start. After a tough day in the office, relying on coffee and cookies to get me through deadlines, I feel nervous dragging myself over to London's super-swish Bulgari Hotel for my first workout. Tegan greets me in the hotel's Bodyism Fitness Center – tall, toned to perfection and bursting with alarming levels of energy, she could be Rosie's brunette sister (the model's younger brother Toby does actually work here). Then I meet my main man James and, over some warm-up stretches, sheepishly admit to my serious sugar bender. There's no shouting, but I am told firmly that if I have any hope of getting in supermodel shape, that means kicking bad habits – no refined sugar and definitely no alcohol – for the next five days. James hands me his *Clean & Lean Diet* book. "Stick to these recipes for the next week and I guarantee you'll look more like Rosie by the end of it. Try the lemon roasted chicken, it's her favourite," he says. By the end of the 20-minute warm-up (a series of hard-core lunges, squats and knee lifts), I already feel like I've run a marathon. Then I'm introduced to what will soon become my arch-enemy – a machine called the Crossover. A modified version of the Cross Trainer, it simulates running through water and works your upper and lower body simultaneously. Three minutes of interval training (alternating 30 seconds of low-intensity movement with 15 seconds of high-intensity movement) seem to last an eternity, and my legs are like jelly when I finally step off. My workout finishes with

warm-down stretches and I leave feeling exhausted and wondering how I'm going to get through the rest of the week.

Tuesday day two

Determined to commit to my new zero-sugar, high-protein, veg-rich diet, I ditch my usual breakfast of porridge drenched in honey in favour of scrambled eggs, smoked salmon and spinach. It takes more time to prepare, but it's delicious and fills me up for hours. Back in Knightsbridge for a 9am session, I'm feeling positive and ready to work. As I'm on a one-week intensive regime, similar to that of Rosie in the run-up to a red-carpet event, James has already upped the tempo. He introduces me to Ys and Ts. "These are the most effective exercises for improving back strength," James tells me. Back strength? I just want a toned tummy and a firmer bum! "Strengthening your back leads to better posture," he explains, "and better posture makes you look taller and slimmer, and will make the exercise you do on your problem areas more effective. Think about it – when have you ever seen Rosie hunched over?" Good point. I get into a squat with my hands between my knees, then raise my arms above my head so that my back and arms make a Y shape, then lower my arms again. Still in a squat, I stretch my arms straight out in front of me, then move them out to the side, squeezing my shoulder blades, so my back and arms form a T shape. Twenty reps of each of these are enough to leave my back burning. Another three minutes on the Crossover sees me fighting for breath and by the end I'm ready to collapse. At the end of my hour-long session, James mixes me a drink to help my body rehydrate. "It's a blend of Bodyism's Beauty Food (a natural elixir of super greens and marine collagen peptides), spinach, mint, apple, cucumber, water and ice," he says. "We call it 'The Rosie.'" >

FIVE TOP EXERCISE TIPS TO HELP YOU TONE UP

Working out doesn't need to mean 30 minutes pounding the treadmill.

- 1. MOVE IT.** "Our bodies are designed to move, so stay active every day," says James. "Get off the bus a stop early, take the stairs instead of the lift, use your lunch break to go for a 10-minute stroll – small tweaks add up to big changes."
- 2. BOOK A YOGA CLASS.** "Cardio work, like running, burns calories but yoga's controlled stretching is equally as important for a well-rounded 'non-bulky' body," says James. "Yoga improves flexibility and posture, and lowers stress levels."
- 3. TRY THE INSTANT BUTT LIFT.** "This takes three minutes and works the glutes to create a firmer bum," says James. "Pop a Bodyism exercise band (£12; bodyism.com) around your ankles, get into a squat position, and take 20 slow side steps, keeping tension in the band, and your upper body still. Then take another 20 steps in the opposite direction."
- 4. DIVE IN.** "Swimming is brilliant for working multiple muscles at once, and the more muscles you work, the more fat you burn," says James. "It's also great if you have joint problems, as the water takes the weight off your body."
- 5. DO DISCO.** "Most office workers spend their day hunched over a desk, which destroys back strength and posture," says James. "Disco lunges help strengthen your back, improving your overall posture. Begin in a standing position with your arms down by your side, then step forward into a lunge, raising your arms above your head as you do so. Step back to standing, lowering your arms, then alternate legs and do 20 lunges on each side."