

# 10 HOT STORIES



SOFT IS T

ally. Photos: Splash News, INF Photo, Xposure Photos, Reina





From far left: Kim Kardashian, Nicole Richie and Beyoncé all work the 'no-workout' body. Right: an uber-skinny Nicole in 2006 and Cameron Diaz display sculpted, harder figures

WITH HER SOFT Jessica Rabbit curves, Kim Kardashian's bikini body (on display by a pool in the Dominican Republic last week) is the very antithesis of the hard-bodied, uber-toned Hollywood Cameron Diaz/Megan Fox ideal we've grown so used to seeing. But luckily for ladies who are less than pin thin, it's Kim's shape that's currently in favour – cue sighs of relief all round.

'Skinny is out and soft is in,' says A-list trainer James Duigan, who works with Elle Macpherson and *Hunger Games* star Jennifer Lawrence. 'My female clients are now telling me they want their workouts to make them look good, but not look as if they work out.' In the same way we know that the 'no make-up' look is actually achieved by using understated make-up, the soft body, or 'no-workout body', is the result of subtle new exercises. The figures of Beyoncé, Kim and formerly uber-skinny Nicole Richie are the perfect mix of hourglass but honed.

With *Mad Men* back on our screens and Rihanna dominating the charts, it seems the soft body is having a much-welcomed moment. 'The soft body is feminine, without a six-pack or sculpted upper arm in sight – that look is too

try-hard and a bit outdated,' says James. 'But make no mistake, these girls are working out to get that look – it just doesn't look like it.'

Kim recently revealed she works out with Hollywood trainer Tracy Anderson (who *Grazia* last week revealed has helped Cheryl Cole get her amazing shapely new body). 'Gwyneth Paltrow's trainer, Tracy, designed a workout for me, so I follow that and eat healthily,' says Kim. 'For me, it's never been about starving myself. I want to be fit for the long-term. If I was stuck on a diet my whole life, I would be really miserable.'

James says that workouts are becoming more toned down, less frenetic, and focused on new areas of the body. 'Bottoms are back in a big way,' he says. 'I get clients to do "tube walking" with a tube that looks like a large rubber band. It goes round your ankles and you walk sideways across a room while keeping tension in the band. It makes your bottom round, lifted and firm, which makes your waist and thighs look smaller.'

Similarly, instead of doing lots of crunches to achieve a rock-hard stomach, James recommends clients take fish oil supplements every day ('they burn fat off around your middle'), limit sugar and alcohol ('both are like fat bombs going off all over your stomach and waist) and do de-stressing exercises like yoga, swimming, stretching and a little cardio ('the stress hormone cortisol dumps fat on your stomach, and too much cardio can be stressful'). Subtle tweaks like these, he says, will leave you with a flat but feminine stomach, while keeping your curves intact.

'Personally, I've always loved the curvy look,' says Kim. We couldn't agree more.

*Is the soft body long overdue? Turn to p.81 to find out why writer Polly Vernon believes we've become 'size blind'*

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THE HARD BODY



THE NEW SKINNY!