



Get a Cool Bikini Body

The clear blue sky, white sands and cool waves at the beach definitely call for a sizzling hot body as well! With our beach workouts and smart food rules, flaunting a toned body is not a distant picture anymore, promises
Deepika Nandal

Do you have been deferring the thought of getting into trendy swimwear and going for safer options for a summer beach holiday? Only because you think your body isn't toned enough to show off at the beach? "Women around the world fear wearing bikinis, as most of them are critical about their bodies. Indian women, however, have an additional challenge as it's not a common sight as compared to places like North America and European destinations where women often wear bikinis and feel comfortable doing so," says celebrity trainer Ramona Braganza who has worked with Halle Berry, Jessica Alba, Anne Hathaway and other Hollywood beauties. The fitness trainer was recently in India to promote her programme 'The 3-2-1 Baby Bulge Be Gone', a 12-week postpartum workout for new moms. "For most Indian women, the common problem areas are stomach, hips and thighs," she says. For a swimsuit body, you also need a health check on the food you eat. So Dr Simran Saini, nutritionist and weight loss consultant with Fortis Hospital, helps you with food rules that help you stay fit. Follow these rules and do the workouts to get sculpted curves that make you look hot in your new two-piece!

1. Well-sculpted abs

WORKOUT: LYING LEG RAISES

"Lie down on your back and place your hands under your butt to support your lower back. Lift your legs up to 90 degrees on an exhale with knees slightly bent. Lower slowly on an inhale, stopping about six inches above the ground. Raise legs back up and then lower again. 10 reps," says Ramona.

TIP: Keep your lower back touching the floor and your neck in neutral position.

RAMONA SAYS:

"It's great because it works on all the parts of your abs, especially your lower abs. Without using your hands in this movement, you will be using your core muscles more."



FOOD TIP:

"The excess abdominal and hip fat can be reduced by eating a high-protein-and-low-carbohydrate diet coupled with a disciplined workout. Include plenty of fibre in your diet in the form of If you prefer non-vegetarian food, go for lean proteins such as egg whites, chicken, fish and beans, at least thrice a week. Limit refined carbohydrates such as refined sugar, polished rice and polished grains. Also, limit refined flour products such as noodles and white bread. Make sure you drink plenty of water. Go for a regular cardio workout as often as five times a week to trim your lower body. Lastly, limit intake of excess fat found in gravies and fried foods," suggests Dr Simran Saini.

2. Toned stomach

WORKOUT: HIP THRUST

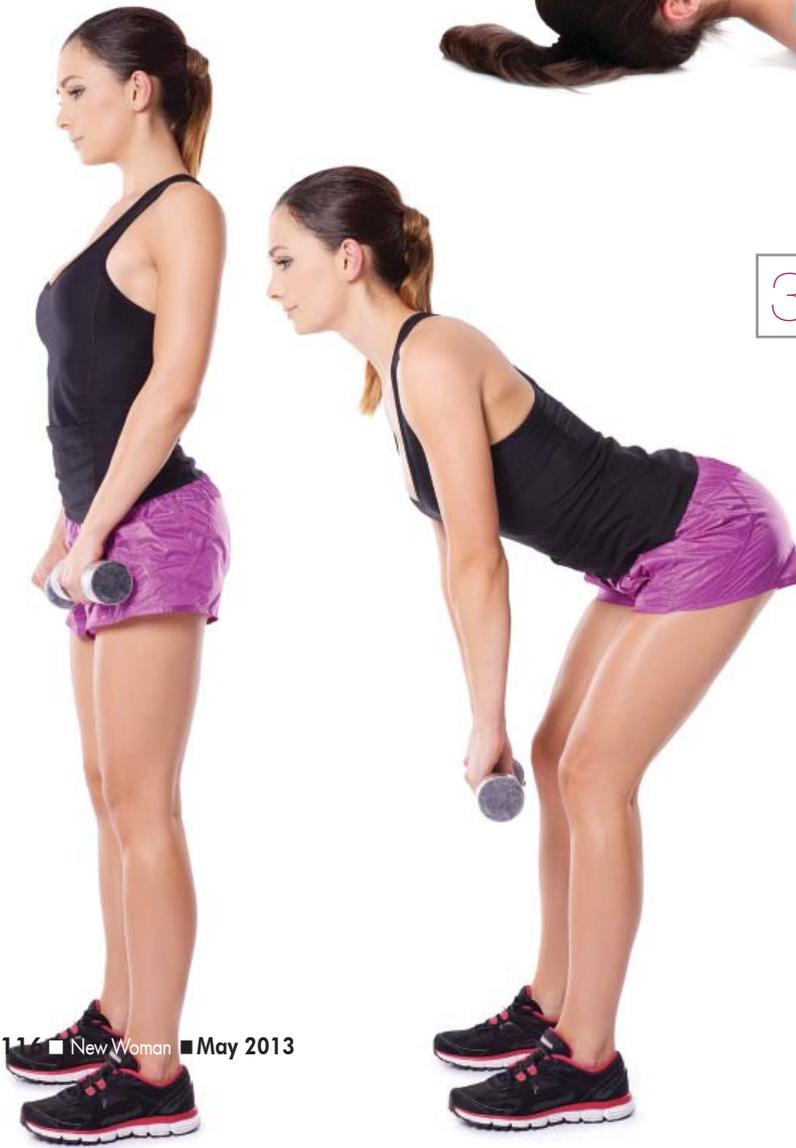
“Lie on the floor on your back, knees and legs straight and feet pointed toward the ceiling (above your hips). On an exhale, raise your hips off the floor several inches by contracting your abs and pressing your lower back. Then, come back to the original position with control. Do 10 reps,” says Ramona.



3. Firm butt

WORKOUT: DEADLIFT

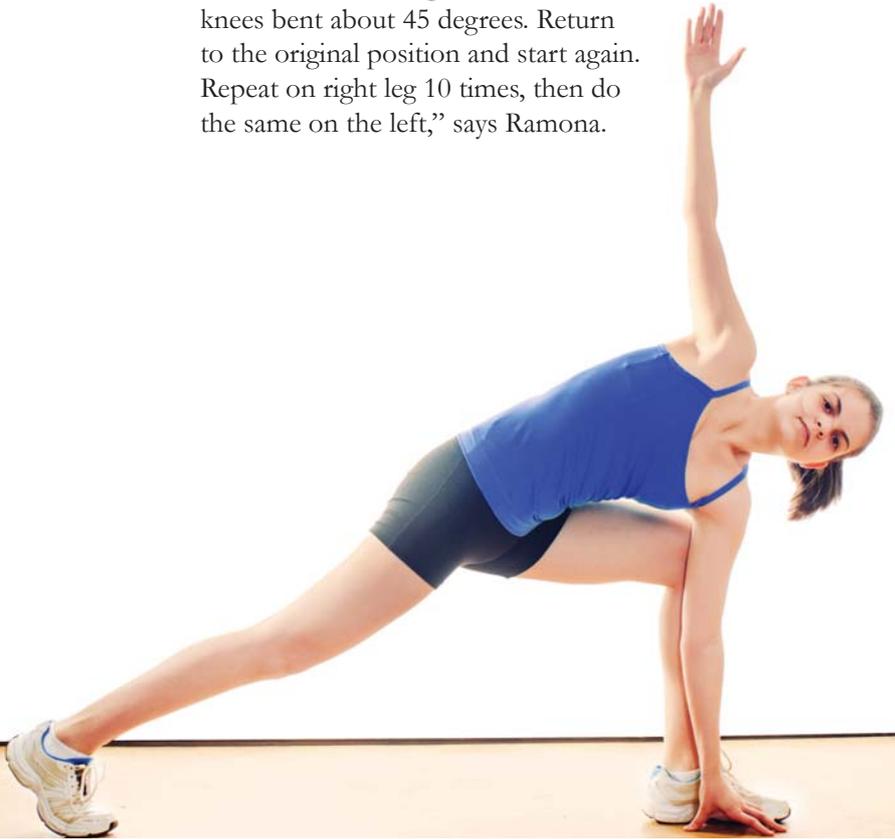
“This move is great for shaping the back of your legs, your hamstrings, which attaches to the glute muscle (your bottom) and will sculpt a saggy bottom. Stand with legs hip-width apart, holding dumb-bells or water bottles in your hands. Slowly slide the dumb-bells down, towards the ground and close to the knee, keeping your knees slightly bent and back flat. Make sure you keep your back flat, head up and go only as far as you feel comfortable. Return to your standing position, squeezing your glutes at the top of the move. Go for 20 reps and do a second set,” says Ramona.



4. Sexy legs

WORKOUT: CURTSEY LUNGE

“This is a great exercise to shape the inner and outer thighs. Stand with legs hip-width apart, take a giant step back with your right leg, landing it behind and on a diagonal with both knees bent about 45 degrees. Return to the original position and start again. Repeat on right leg 10 times, then do the same on the left,” says Ramona.



Colourful neckpiece, Juvalia & You



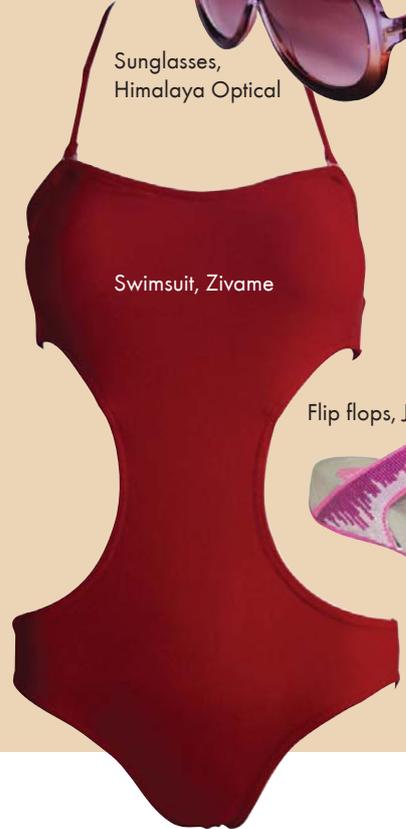
Straw hat, Tonia Accessories



Sunglasses, Himalaya Optical



Swimsuit, Zivame



Flip flops, Jove



Get the beach look:

5. Bikini biceps

WORKOUT: JAB CROSS BOXING MOVE

“Stand with your feet hip-width apart, knees slightly bent, holding a dumb-bell of two kilos (or some water bottles) in each hand, elbows bent into your sides, palms facing each other. While twisting your torso to the left, punch your right arm straight out and across your body to the left. Then, twist the torso to the right and punch your left arm to the right. Repeat and twist and punch with abs contracted. Make sure you exhale with each punch. Do 20-30 reps.”

