

TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.

BY LISA RALEIGH

GET STRONG ABS LIKE

Nina's

THE star has had a long-time love of fitness, but has recently transformed her routine by adding in a strength component.

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- * **Gather Your Tribe:** The brunette loves working out in a pack, and has a circle of close friends and trainers who add a social element to her sessions.
- * **Add Music:** The star believes in enjoying her workouts, and has to have a great playlist accompanying her training sessions.
- * **Shake Your Booty:** **Nina Dobrev** includes plenty of dance routines into her cardio sessions, citing them as not only excellent physical workouts, but a mental challenge and outlet too.
- * **Mix It Up:** The actress believes in variety, both for fighting off boredom and for avoiding exercise plateaus.

HERE are three of **Nina's** favourite moves for strong abs:

1

Extended Scissor Kicks

LIE on your back with hands and legs extended. Keeping your bellybutton pulled in towards your spine, cross one ankle over the other to create a scissor effect. Aim for three sets of 12-16 reps.



2

Elbow Plank With Mountain Climbers

START in an elbow plank position, with forearms flat on the floor, elbows under shoulders and hands touching; your body should be in a straight line from shoulders to ankles. Draw one knee into your chest at a time, moving quickly to simulate a climbing motion. Aim for three sets of 10-16 reps.



3

Hip Lift

LIE on your back with arms at your sides, and raise your legs above you in a straight line. Keeping them perpendicular to the ground, lift your hips off the floor, engaging the lower abs, then lower back down to the ground. Aim for three sets of 10-16 reps.

