

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

BY LISA RALEIGH

Build A Powerful Lower Body Like

Miss Biel

THE star of *The Sinner* has always been in excellent shape, with her natural athleticism shining through. That said, she still puts plenty of thought and discipline into her workouts, sculpting her toned – and powerful – curves.

INCLUDE these three single-leg exercises into your workouts to build a lower body like Jessica:

1

Single-Leg Bridge

LIE on your back with knees bent. Straighten one leg and raise it off the ground. Use your rooted foot to push your body off the ground until it forms a straight line from chest to foot. Aim for three sets of 10-16 reps with each leg.



✳ **Get Functional:** THE actress loves multi-plane functional exercises, which mimic realistic movements the body makes throughout the day.
 ✳ **Go Low:** JESSICA spends a lot of time training her lower body, especially strengthening the muscles around the hips. These are some of the largest muscle groups in the body – it makes sense to exercise them often.
 ✳ **Try HIIT:** AS a time-strapped working mom, JESSICA favours full-length, circuit-style workouts when she's on a tight schedule. This means plenty of lower, upper, core and compound moves performed one after the other at a high intensity. Think planks, leg raises, push-ups and squats.
 ✳ **Train One Limb At A Time:** JESS includes plenty of single-leg exercises, since these better mimic our real daily movements, like walking and running.

2

Single-Leg Lift

STAND with forearms crossed in front of you. Rooting down into one leg, lift the other leg up behind you in a straight line. Pause at the highest point, then lower down to your starting position. Aim for three sets of 10-16 reps with each leg.



3



Elevated Lunge

STAND a few feet in front of an elevated surface. Step one foot back onto it, creating a broad space between your two feet. Sink down into a lunge, until your front knee bends to 90 degrees. Aim for three sets of 10-16 reps with each leg.



SEND Lisa your questions. E-mail people@caxton.co.za and write 'Fitness' in the subject line. www.lisaraleigh.co.za lisa@lisaraleigh.co.za | Lisa Raleigh Fan Page – Facebook | @LisaRaleighSA – Twitter | LisaRaleighTV – YouTube