





# RISE of the webcam workout

With two of 2016's hottest trends – video streaming and fitness – colliding, your gym class can come to you. *Victoria Joy* trials the newest online workout packages

The landscape of Britain's living rooms is changing. Once the designated space to binge-watch box-sets, they are now being turned into makeshift fitness studios, discernible by the dumbbells and foam roller stashed under the sideboard. Fitness experts are leading an at-home exercise revolution with live-streamed classes and downloadable tutorials. Whether you're a devoted yogi or just want to get off your backside, there's an online package to deliver to your device. It's Netflix with muscles.

'Brands are looking for ways to help their clients make fitness a sustainable part of their lives and to get more from each workout, so online is the natural next step,' says Niki Rein, founder of ballet-based fitness studio Barrecore.

Social media channels have also boosted the trend, creating online fitness stars in far-flung corners of the globe. There's Rachel Brathen (below right), aka Yoga Girl, whose Instagram shots of her lithe body in yoga contortions set against

Caribbean backdrops are seen by her 1.7 million followers, who also love to download her exercise videos. Superfood blogger and *Get The Glow* author Madeleine Shaw (below left) this year launched the



Glow Guides app, an eight-week online plan

combining nutrition, training and life-coaching. Then there's Joe Wicks (below right), aka The Body Coach, who has become a millionaire thanks to his

Lean in 15 recipes and interval-training package.

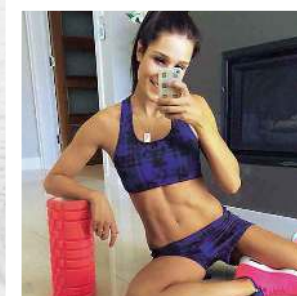
But the undisputed champion of online fitness is Kayla Itsines (below), the 24-year-old Aussie personal trainer whose guides have garnered an army of female followers across the world. More than a million of them



have signed up to her 12-week *Bikini Body Guide* e-book, posting before and after shots (#bbg), which Kayla then re-grams to her 4.3 million followers. It has recently been relaunched as an app, *Sweat With Kayla* (£3.45 a week), with punishing daily 28-minute workouts, recipes and shopping guides. It comes with a success tracker

feature, which splices together your 'before' and evolving 'after' picture so you can see how much you are shrinking.

But online fitness isn't all about sweating till you drop. Here is our pick of the digital offerings that will boost your body and overhaul your health, wherever you lay your mat. ►



Alice (left) and Dana run pre- and post-natal training sessions via Skype



## New mum, new body DNA FITNESS

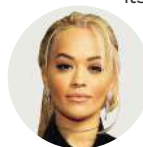
Meet Alice and Dana, a fitness expert duo transforming post-baby bodies through the power of the webcam. The personal trainers devise pre- and postnatal programmes - including moves inspired by pilates, high intensity interval training (HIIT), weight training and traditional cardio - for women who don't have the time, inclination or confidence to seek out a trainer in person. They guide their clients via Skype sessions, whether that's working through the actual exercise routines together or discussing how the programme is helping meet your body goals and suggesting what nutritional changes can help boost results. Newborn ruling the roost? Never fear, the ladies are super-flexible to fit in sessions around feeding times and the like. [fitnessdna.co.uk](http://fitnessdna.co.uk) From £60 for 60 minutes

## Reboot your mind/body ROCKING FIT

Less about how many burpees you can cram into a minute and more about empowering you to embrace a healthy balance of fitness, nutrition and positivity, this new 12-week digital offering is the holistic mission of Lyndelle Palmer Clarke. Lyndelle became a self-help junkie following a breakdown and went on to create the bestselling Dailygreatness Journals, and now Rocking Fit. Workout videos are sent to your inbox three times a week, plus a short mindset coaching video every Sunday. An online version of the Dailygreatness Training Journal helps you record progress as well as work through any issues that might be getting in the way of your fitness goals. [rockingfit.com](http://rockingfit.com) Around £125 for a 12-week programme

## Sculpt a supermodel bottom BARRECORE

With the promise of a pert derrière, barre workouts have traditionally been tricky to pull off at home - unless you happen to have a waist-level steel rod screwed into your living room wall. But Barrecore has modified its famous bum-sculpting routines - a go-to for **Jourdan Dunn** and **Rita Ora** - to offer one-to-one personal training sessions for online clients. The result? All the burning squats and near-imperceptible leg pulses, but using nothing more than your own body or a chair back, with a trainer's hawk-eye focused on your movements to eliminate any chance of secret slacking. [barrecore.co.uk](http://barrecore.co.uk) £45 for a 60-minute session



## Rock killer abs JULIA BUCKLEY

What started as a Facebook advice page set up by personal trainer Julia Buckley has evolved into an impressive online gym. It is centred on an accessible archive of exercise tutorials, deploying moves that torch stubborn fat in as little time as possible. You can dip into routines that suit your free time, but Julia recommends her structured online bootcamp packages to shift fat and sculpt abs sooner rather than later. While the videos are a challenge for even the most dedicated gym-goers, the fact that Julia offers easy-to-understand instruction, advice and motivation throughout keeps you going when you'd otherwise throw in the towel. [juliabuckley.co.uk](http://juliabuckley.co.uk) £9.96 a month

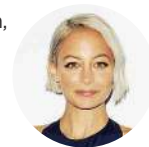
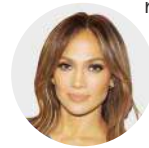
## A model physique, please SBC EXPERIENCE

Russell Bateman, the personal trainer behind the invitation-only Skinny B\*\*\*\* Collective, famously transforms the bodies of wispy celebs such as **Suki Waterhouse**, **Ellie Goulding** and **Millie Mackintosh**. Now his website offers a year's worth of at-home workouts broken down into seasons and daily sessions. Killer moves that work the entire body are showcased via an instructional video and a written breakdown. Some are an upgrade on traditional moves, while others take more getting used to (hello, 'reptilian crawl') and you'll need a fair amount of space to do them properly. There's a daily meal plan, too, but we found the ingredients - grass-fed butter, venison, steak mince, calf's liver - called for the shopping budget of a Victoria's Secret model. [thesbcollective.com](http://thesbcollective.com) £199 for an annual pass or £69 for three months



## Get into A-list shape THE TRACY ANDERSON METHOD

**Tracy Anderson**, the training sensation responsible for the lithe figures of **Gwyneth Paltrow** (pictured with Tracy, left), **Jennifer Lopez** and **Nicole Richie**, is renowned for combining high-energy cardio dance routines with sculpting resistance moves. She now introduces a new studio class live-streamed every Wednesday for fans worldwide to join (which is then available to access online for seven days). Just a few minutes into the live session and the sweat streaming from our knees (who knew?) was evidence enough that being faced with Tracy herself ups the ante considerably. [tracyanderson.com](http://tracyanderson.com) Around £63 a month



## Fitness for every level GYMCUBE

With 40 brand-new workouts uploaded every week, there's no better option for those who want their fitness classes like their shoe collection - continually updated with the hottest styles. From traditional aerobics and HIIT to targeted muscle training, this team of UK instructors has hours of pre-recorded sessions in its archive as well as new videos hitting the site regularly. But the real *pièce de résistance*? Your subscription includes access to a bevy of curated programmes developed for specific lifestyles and goals, including a weekly training schedule for women looking to hone their bodies to fit into that little black dress and a collection of ten-minute workouts for busy mums. All the hard work is done for you, bar the actual stomach crunches... [gymcube.com](http://gymcube.com) £9.95 a month

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## Clean, cultured, classic

### YEOTOWN LIFE

For those who like to be fit from the inside, award-winning detox retreat Yeotown – popular with superfoodies and City types – has distilled its fad-free offering of yoga, military fitness, meditation and clean eating into a subscription website, all filmed in the stunning surroundings of its rural Devon HQ. New content is uploaded weekly, from short cardio workouts with personal trainer Andy and yoga and meditation with Mercedes, to cooking tutorials with chef Julia (who you just want to be your mum). If you've spent a fortune on a New Year's detox, this will keep you on the wagon without breaking the bank much further. [yeotown.com/yeotown-life](http://yeotown.com/yeotown-life) £10 a month

## Wow-factor workouts

### LES MILLS ON DEMAND

Does wiping away condensation to peer through the window at a room full of musclebound figures swinging heavy barbells about their person count as attending a Les Mills class? Probably not – which is why it's just as well the famous fitness brand has brought its workouts to our homes. It recommends a weekly schedule of cardio, strength, HIIT and core sessions, then it's down to you to choose your preferred video classes. The only downside is that most classes do call for equipment, so you might need to upgrade from your tins of baked beans to bona fide dumbbells. [lesmillsondemand.com](http://lesmillsondemand.com) £9.95 a month

## Instant online zen

### YOOGAIA

Prepare to be downward-dogging daily thanks to this award-winning new app, perfect for yoga newbies haunted by the idea of face-planting the mat in the middle of a studio class surrounded by Lululemon-clad virtuosi. You log into a live class from home, using your phone or tablet, and the instructor will not only guide you through the chosen routine but use your device's camera to see how you're doing and offer individual feedback, without any head swivels from your fellow yogis. We also love that there's the option to download favourite sessions to your device, so you can still asana without wi-fi.

**Yoogaia at the App Store**  
£14.99 a month or £7.99 a month with an annual pass

## Body of an Angel METHODOLOGY X

Globetrotting strength and conditioning coach Dan Roberts's 130-page interactive e-book comes with a foreword by model Suki Waterhouse, extolling its virtues to 'fellow models within the industry, if you can't train with the man himself'. Dan is all about 'holistic athleticism'. Having worked with many of the Victoria's Secret Angels, he knows how to sculpt curves out of solid muscle. The 28-day guide builds strength over the first two weeks with embedded daily video demos, before getting hardcore as

Dan sends MethodXers on a 'world tour' with circuits named after fashion capitals. The workouts (many require a gym ball) are easy to follow and take less than half an hour, but are surprisingly deadly. It also features a nutrition, yoga and meditation guide where models and food experts share their secrets. Simple instruction, glossy photography and a Facebook support group manned by personal trainers make it accessible for ordinary mortals. [methodologyx.com](http://methodologyx.com) £65 for the e-book



Dan Roberts's (left) workouts are Victoria's Secret Angel-approved

## FREE for ALL

Prefer your fitness goals gratis? Here's our pick of no-cost options that deliver workouts as professional and results as impressive as many paid-for offerings



**TARA STILES**  
The US model turned yoga guru proves that a hectic schedule is

no excuse for letting your fitness goals falter; sharing short-but-sweaty videos on her YouTube channel, filmed on the hop in hotel rooms or her New York bedroom. [youtube.com/tarastilesyoga](http://youtube.com/tarastilesyoga)

### FITNESS BLENDER

Arguably the holy grail of free online exercise, this website not only offers expert-led workouts but also includes guidance on how to perform specific training moves to ensure your technique is spot on. [fitnessblender.com](http://fitnessblender.com)

### SWEATY BETTY

As well as designing some of the jazziest leggings known to gym aficionados, the fitgear brand has extended its #GetFit4Free campaign, teaming up with leading exercise studios to create exclusive workouts. [sweatybetty.com](http://sweatybetty.com)

### VIRGIN ACTIVE

Not a member of your local Virgin gym? No problem. The chain's YouTube channel boasts three different 20-minute bodyweight training routines that you can mix and match to create your own regime. [youtube.com/virginactiveuk](http://youtube.com/virginactiveuk)