

# Sweat Style

EXERCISE YOUR RIGHT TO LOOK FIT AND FAB WITH THESE TIPS AND PICKS

## TRAINER SPOTLIGHT: TANYA BECKER COFOUNDER AND INSTRUCTOR OF PHYSIQUE 57

Svelte celebs **Alessandra Ambrosio, Hilaria Baldwin and Brooke Shields** have all shared their love of Tanya's ballet-inspired barre classes on Instagram.

**Tell us about Physique 57's barre classes.** It's a full-body workout thanks to the intensity of our intervals, which combine cardio and strength training for legs, abs and arms. We use the barre for balance and support.

**What do you wear on your feet in class?** I absolutely need my Reebok ballet slippers. Their grip on the carpet makes all the difference when I'm pushing hard in our reps.



**Reebok**  
True Studio  
Slipper, \$60,  
reebok.com

**What are your favorite and least favorite moves?** High-dancing is fun. There's nothing like shaking your hips and burning calories to a good beat. But most of the thigh positions

are also the most challenging for me — they're the ones I need to embrace the most. Your strength is found within the struggle! A few moments of discomfort are worth the results of a pumped-up metabolic rate and lean sculpted muscles.

**Tell us about your fitness fashion.** I love dressing up to work out. For me it makes all the difference in my level of confidence and energy: I like to see my abs and the lines my arms and legs are making. I love Michi leggings and the way they use mesh — it's so sexy! And Heroine Sport pieces are flattering on your arms.

**Check out the brand's on-demand videos to stream workout programs at [ondemand.physique57.com](http://ondemand.physique57.com) for \$57 a month, or try a week free with the code FREEWEEK.**

Tanya cofounded Physique 57 in 2005. There are now nine studios worldwide, as well as workout videos available on demand.



**Michi**  
Suprastelle  
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[carbon38.com](http://carbon38.com)



LG's Malin sports Live the Process crop pants.

## GIVE IT A SPIN!

### MALIN AKERMAN SHARES HER WORKOUT STYLE SECRETS

Seen here on a Cyc Fitness spin bike, *Billions* star Malin credits fashion with keeping her motivated: "When I feel good, I'll work out even harder. Invest in a bold, fun pattern that you're excited to show off at the gym." To keep all those clothes clean, she uses the LG's TwinWash System, featuring the smaller Sidekick machine that can be paired with any front-loading LG washer to wash two loads

simultaneously. "It's my wardrobe life hack," says Malin. "I can wash a neutral staple between workouts and then mix and match tops and bottoms so it looks like I have a new outfit every day."

As for fitness tips? Keep your muscles guessing, she says: "I like to mix up my workouts. I train with a Navy SEAL for strength and also love spinning and Pilates." \$999, [lgtwash.com](http://lgtwash.com)