



NATASHA BEDINGFIELD

"HOW I GOT THIS BODY"

The singer shares the can't-miss workout that helped her shape up for her wedding.

BY JANET LEE | PHOTOGRAPHY BY CHRIS FANNING



Trainer
Ashley
Borden is
based in
Los Angeles

Exercise relieves stress, improves your stamina, and gives you energy to spare—benefits Natasha Bedingfield needs as she prepares for upcoming concerts and a new album. And did we mention she's a newlywed? "I started training with Ashley Borden to get toned for my wedding," says the 28-year-old. "I wanted to look beautiful in my dress, but I also wanted to get in shape for my honeymoon!"

Ashley uses a variety of equipment and exercises to sculpt Natasha's muscles, but it's the strength circuit the trainer designed that's really delivered results. "We switch between upper- and lower-body moves and do full-body toners, all of which keep Natasha's heart rate high," says Ashley. She also includes core exercises that have improved the singer's posture and breath control, both of which are important while performing. "Natasha really cares about her health and loves working out. She has such a good body image," says Ashley. "It's so refreshing." The at-home circuit she's created here incorporates the same exercises she uses with Natasha. While the moves may not help you carry a tune, they *will* reveal your sexy, lean muscles. Now *that's* a high note we can all hit.



THE PLAN

How it works

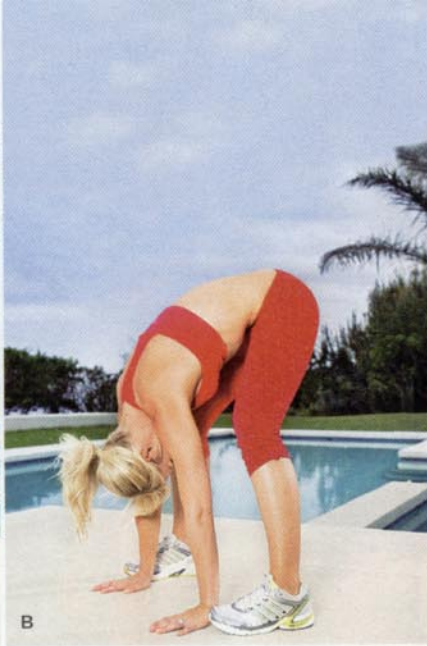
Two or 3 days a week, do 1 set of each move in order without resting. Repeat the circuit once or twice, depending on how much time you have.

You'll need

A set of 3- to 5-pound dumbbells, a resistance tube or band, and a stability ball.



A



B

1 squat and stretch

**WORKS LEGS AND BUTT;
STRETCHES HAMSTRINGS
AND BACK**

Stand with feet slightly wider than shoulders and raise arms overhead, palms facing each other and thumbs pointing back. Take a deep breath and squat low [A]. Exhale as you lower arms and place palms or fingers on the ground. Straighten legs as much as you can [B]. Inhale as you return to the squat, arms overhead. Exhale as you stand; repeat 4 times.

2 offset push-up

**WORKS CHEST,
ARMS, AND CORE**

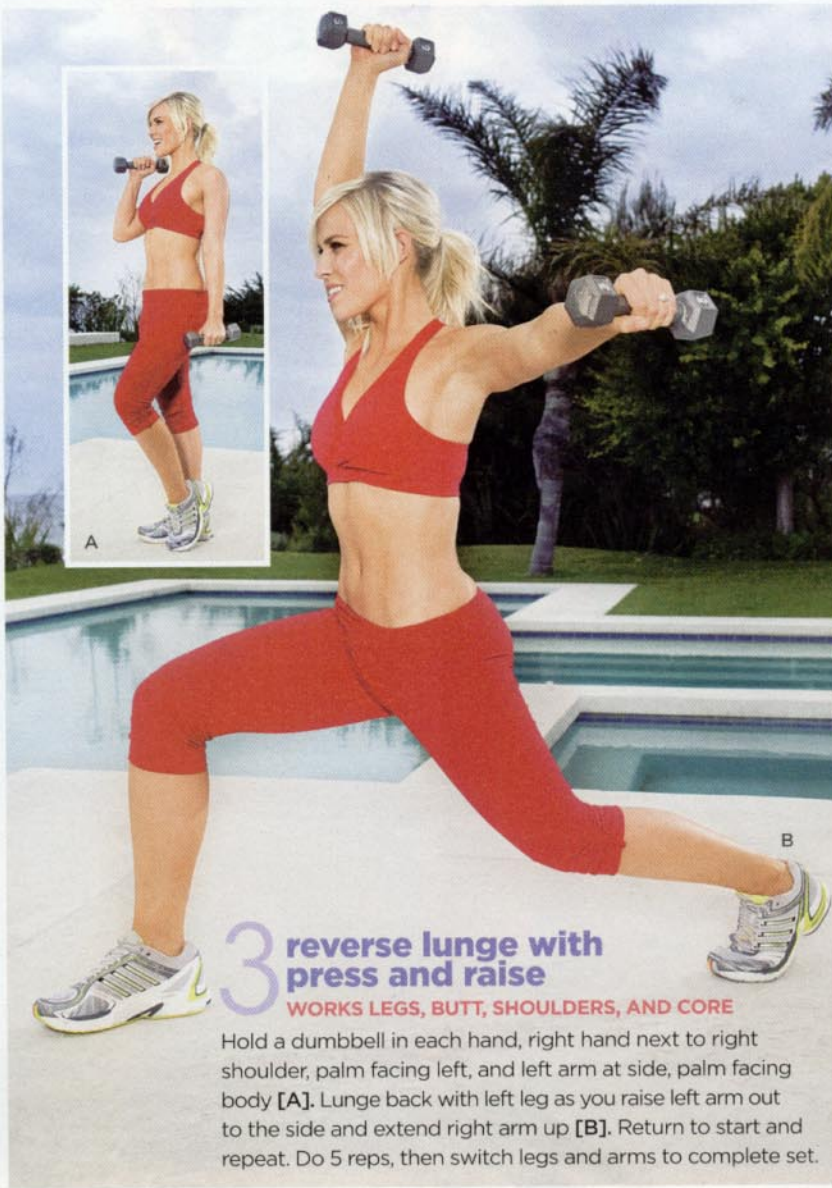
Get on the ground in push-up position, hands slightly wider than shoulders. Balance on knees or toes. Lower your chest down and to the left, so your left elbow is tucked close to your rib cage and your right elbow is out to the side [A]. Press up [B] and repeat. Do 5 reps, then switch sides (lower to the right) and repeat to complete set.



A



B



A

B

3 reverse lunge with press and raise

WORKS LEGS, BUTT, SHOULDERS, AND CORE

Hold a dumbbell in each hand, right hand next to right shoulder, palm facing left, and left arm at side, palm facing body [A]. Lunge back with left leg as you raise left arm out to the side and extend right arm up [B]. Return to start and repeat. Do 5 reps, then switch legs and arms to complete set.



4 lat pull-down

WORKS LEGS, BUTT, AND BACK

Attach the center of a resistance tube high on a sturdy object and hold a handle in each hand. Raise arms up in a V in front of you, palms facing the ground, and lower into a squat [A]; step back to remove any slack in the tube. Keeping your chest high and your arms straight, draw arms down so hands are even with hips [B]. Return to start and repeat. Do 10 reps.

5 side lunge with rotation

WORKS LEGS, BUTT, CHEST, ARMS, AND CORE

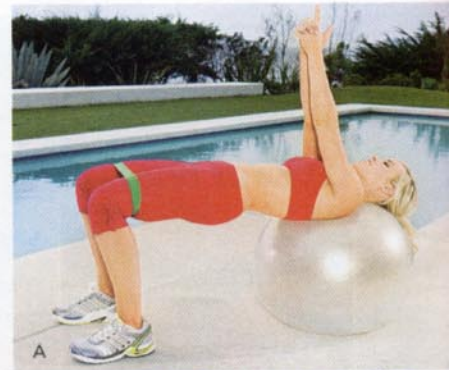
Stand with feet wide and parallel and hold a dumbbell in each hand at chest level, palms facing each other and elbows bent and pointing back. Bend right knee and lower into a side lunge as you reach left hand toward right foot [A]. Stand up and turn slightly to the left as you punch right arm across your body and bring left arm to your side, palm facing up [B]. Return to lunge and repeat. Do 5 reps, then switch sides to complete set.



6 squat hop

WORKS LEGS, BUTT, AND CORE

Stand with feet shoulder-width apart and squat. At the same time, raise arms in front of you, elbows bent [A]. Squat a little lower, then jump forward, landing on left leg and lifting right leg behind you, knees bent [B]. Return to squat and repeat. Do 10 reps, then switch legs to complete set.



8 ball bridge and roll

WORKS BUTT AND CORE

Place a resistance band around your legs, just above the knees, and roll back on a stability ball so your head and upper back are centered on it. Step feet shoulder-width apart. Pressing against band to keep knees aligned with ankles, raise arms over chest and interlace fingers, index fingers extended [A]. Keeping hips lifted, rotate torso to the left [B]. Return to center and roll to the right to complete 1 rep. Do 6 reps.

7 plank with triceps extension

WORKS TRICEPS AND CORE

Attach a resistance tube low on a sturdy object and get in plank position on hands and toes (feet wide) in front of it. Hold the tube in your right hand, tuck elbow to your side, and bring right hand next to right shoulder, palm facing ground (make sure there's no slack in the tube) [A].

Keeping hips and shoulders squared, extend right arm at your side [B]. Bend elbow and repeat. Do 5 reps, then switch sides to complete set.



"WHAT'S ON MY PLAYLIST NOW"

Listen to it for free on MySpace at myspace.com/natashabedingfield.

- ✓ "ELECTRIC FEEL" MGMT
- ✓ "BROOKLYN GO HARD" Jay-Z (featuring Santigold)
- ✓ "PAPER PLANES" MIA
- ✓ "EXODUS" Bob Marley
- ✓ "THE MAN WHO CAN'T BE MOVED" The Script
- ✓ "100 YARD DASH" Raphael Saadiq
- ✓ "RUN, BABY, RUN" Sheryl Crow