

TARRYN HOFFMAN

Country director of Multiworks UAE, a company specialising in personal training

In between her corporate job, training clients and being an owning partner of the World Calisthenics Organisation, Tarryn posts exercise routines, healthy meal ideas and general fitspo via her popular Instagram account, which has earned her a dedicated following, particularly in the UAE.

“**FINALLY EVERY ASPECT OF MY LIFE EXCITES ME, AND I THINK IF IT DOESN'T, THEN I'M DOING SOMETHING WRONG. I LOVE HAVING THE CHANCE TO INSPIRE OTHERS TO CREATE A HEALTHY CHANGE IN THEIR LIFE SO THEY CAN FEEL THE SAME WAY.**”

📷 @HEALTHYHOFFY

MARYAM FATTAHI SALAAM

Owner and CEO of Physique 57, Dubai

Maryam launched the first international location of internationally-infamous Physique 57 in 2013 and will soon open a second studio in Dubai. She's passionate about creating more than just an exercise destination and works to cultivate a community of encouragement and achievement that changes peoples bodies and lives in the UAE.

“**TO WORK EVERY MORNING WITH A SMILE, KNOWING THAT THIS IS MY TRUE CALLING. THERE IS NOTHING MORE GRATIFYING THAN HELPING PEOPLE ACHIEVE STRENGTH AND THEIR PERSONAL GOALS.**”

📷 @MFSMARYAM

FATMA AL NABHANI

Tennis player

The first-ever GCC player to win a match in a Premier 5 Women's Tennis Association event, Fatma has two gold medals from the GCC Women's Games and is set to compete at Islamic Olympic Games in Indonesia later this year. Her decision to wear leggings on court out of respect for her culture has prompted a trend among other Arab tennis players to do the same.

“**I'M SO PROUD TO HAVE ACHIEVED EVERYTHING THAT I HAVE IN A CULTURE THAT DOESN'T ALWAYS MAKE THINGS EASY FOR FEMALE ATHLETES.**”

📷 @FALNABHANI



TONE EVERY INCH!

FEEL THE BURN...

Physique 57 blends cardio, barre-based dance exercises and targeted muscle sculpting, with specific focus on abs, arms, butt and thighs. Infamously effective — you'll definitely feel it the next day!



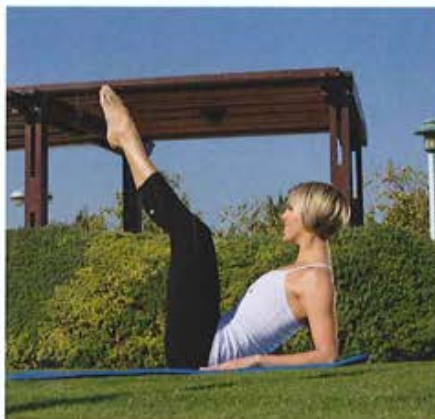
Nora from Physique 57 demos muscle sculpting moves that you can do anytime, anywhere for the longest, leanest, sexiest you ever

THE POWER PLIÉ

Take a wide stance. Your feet should turn out naturally from your hips and be wide enough apart so that you can lower your hips to knee level. Take mini-bends in the legs (pulses) keeping your butt at knee level and your spine straight. After 30-60 pulses, start to alternate your heels, lifting one heel and then the other high off the floor while pulsing your hips up and down.

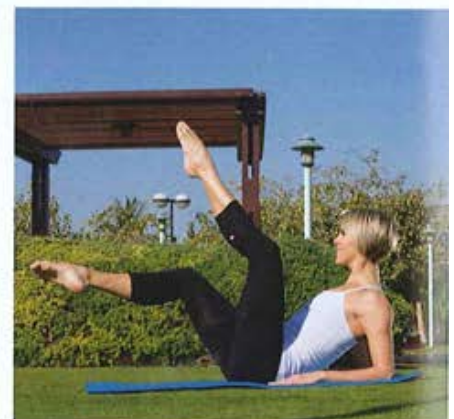
Reps: 30-60 pulses, then 15-30 sets, alternating your heels

Benefits: Work your entire lower body, giving you slimmer inner and outer thighs and sculpted calves.



ROUNDBACK ABS

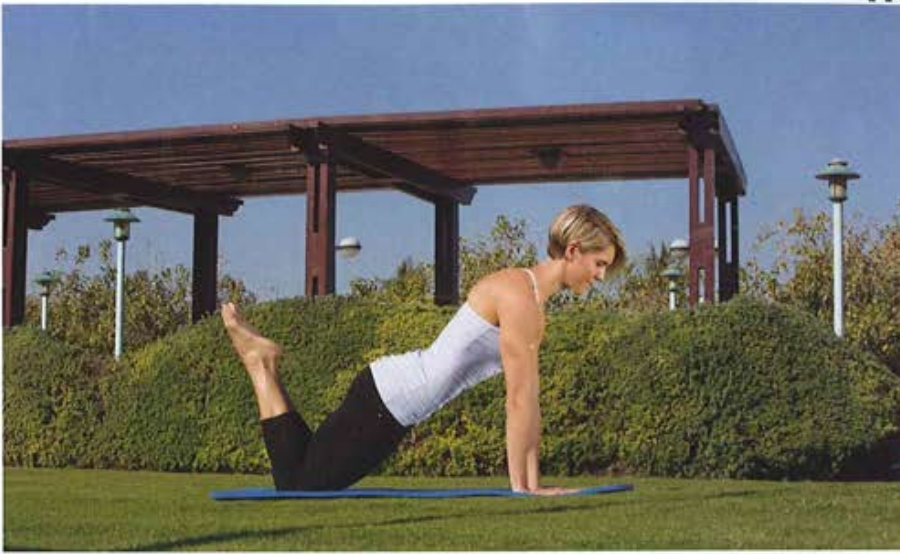
Sit and place your forearms under your shoulders. Keep shoulders away from your ears. Move your legs up into a diamond shape, toes together, knees turned out. Without changing your upper back, start to round your lower back under and use your abs to



bring your legs towards you. Abs scoop out, and thighs come towards your chest. Switch one leg down then the other, focussing on the legs coming inwards, versus towards the ground.

Reps: 20x rocks inward, 20 sets of switching.

Benefits: Stronger, sculpted abs and a stronger posture.



TRICEP PUSH-UPS

Set your hands up directly under your shoulders, knees on the ground. Legs zipped together with your heels close to your butt, to shift your weight off of your knees. Bend your elbows directly by your sides lowering your chest. Try to keep your shoulders down and collar bones wide to maintain strong posture and work your upper back muscles.

Reps: 10-15 rounds.

Benefits: Toned triceps, shoulders, and upper back.



THE MERMAID

Lie down on your left side, propped up on your left forearm, and extend your legs to three quarters, with your toes in line with your hips and your knees slightly forward of your toes. Raise your right leg off the left and move it forward to tap your toes forward of your left leg, then push the right leg back to tap behind the left leg. That's one rep.

Reps: 20 sets per leg

Benefits: Slimmer thighs, sculpted hips and a perky butt!

Ready For More?

Visit physique57.com/dubai to book a beginner or intermediate class.



THE CURTSY

Start with feet in a small 'V' and incline your body forward at a 45-degree angle. Bend your knees, lift your right heel up, and slide your right leg back about two feet behind you, so that your right foot is lined up behind your left shoulder. Keep your back heel high and your front foot flat. Lower your back knee and lift an inch. Add arm pulls to challenge your stability.

Reps: 30-60 pulses with arm pulls per leg.

Benefits: Slimmer thighs and a stronger posture.