

Although almost every woman has wished it was true at some stage, the hard fact is it's impossible to spot reduce. However, you can make the most of the body shape you have. Just as you learn what clothes suit you best, focus on the exercises that work best for you too and get ready to reap the body (and confidence) results. How? Read on, find your body shape and start moving.

Apples

PROBLEM AREAS:

A round tummy is the hallmark of women with this body type. Apples store fat around the middle, which is unfortunate as it poses the greatest health risk and is linked to an increased chance of coronary heart disease. Therefore, it's extremely important for apples to exercise regularly.

FIX IT NOW:

While sit-ups won't magically shrink the tummy fat away, they may help tone the muscles underneath. What you really need is cardio exercise that makes you huff and puff, burns up lots of kilojoules and targets your fat stores.

Cardio ideas to try include walking, jogging, swimming and cycling. Aim for at least 30 mins of moderate intensity cardio exercise on most (preferably all) days of the week. For each workout, try including interval sessions, where you work at an easy-to-moderate pace for 4 mins, then a harder, higher intensity level for 1 min to help boost your results.

Strawberries

PROBLEM AREAS:

Strawberries tend to be top heavy and store excess body fat in their upper half, specifically in the back, breasts, tummy and arms – all of which can become quite flabby. To firm up these areas, you need to both reduce the body fat on top and tone the muscles underneath.

FIX IT NOW:

Exercise options that work this area specifically include boxing and boxercise classes, circuit classes, rowing, paddling and swimming. Try to do one of these specific upper body workouts at least every second day throughout the week. Mix up your exercise program so you're covering all areas and be sure to include both cardio and resistance options, like Pilates, yoga or group gym classes.

Beans

PROBLEM AREAS: Beans are generally tall and thin and, although, they may not be as prone to the high levels of body fat deposits as the other body shapes, they do tend to lack curves, muscle definition and overall tone.

FIX IT NOW: To help combat this tendency, ideal exercise options include total body resistance training plus general activities that will help strengthen and tone the body all over. For example, try a specific strength training workout (such as squats, lunges and push-ups) at least twice a week and on the other days choose those activities that are not purely cardio but have a strength element to them as well, such as Pump class, circuits, rock climbing, stair running and hill climbing.

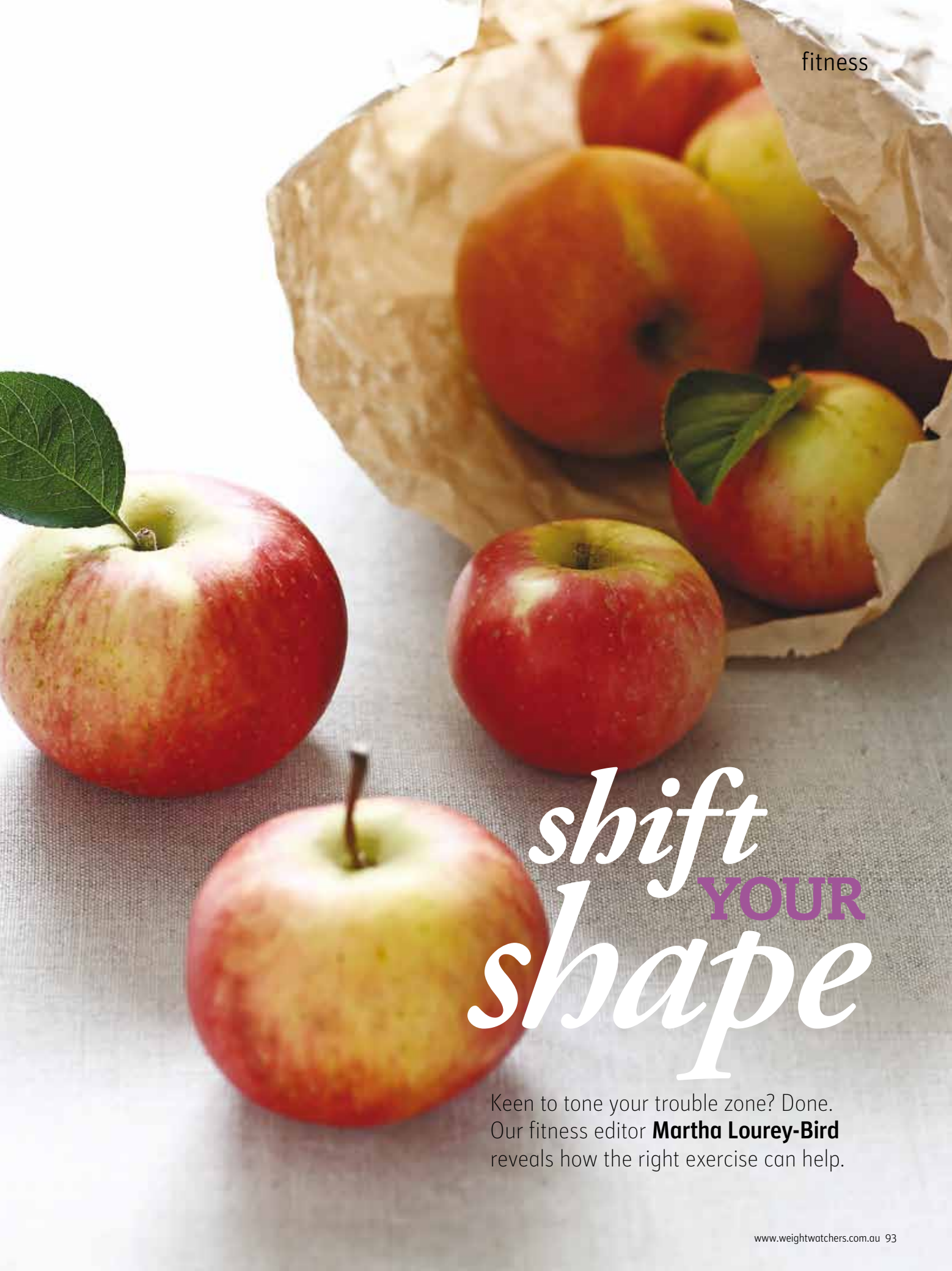
Pears

PROBLEM AREAS:

Pears tend to have a bigger lower half and store fat around their bottom and thighs, which is not as big a health risk as apples but undesirable nonetheless, especially when clothes shopping. The bottom-heavy appearance is usually coupled with a weakness in the upper body so, to balance this out, it's important to not just work on fat burning for the lower body but also to strengthen and tone the upper body.

FIX IT NOW:

In addition to regular cardio exercise to burn up kilojoules and fat, include strength training for the upper body. For the arms, shoulders, chest and back try bicep curls, upright rows, push-ups, tricep dips and chin-ups. Do up to 3 sets of 8–12 reps of each exercise at least twice a week. You don't need to go to a gym to do weights: use heavy things like buckets of water, books and bottles around your home. [www](#)



shift
YOUR
shape

Keen to tone your trouble zone? Done. Our fitness editor **Martha Lourey-Bird** reveals how the right exercise can help.