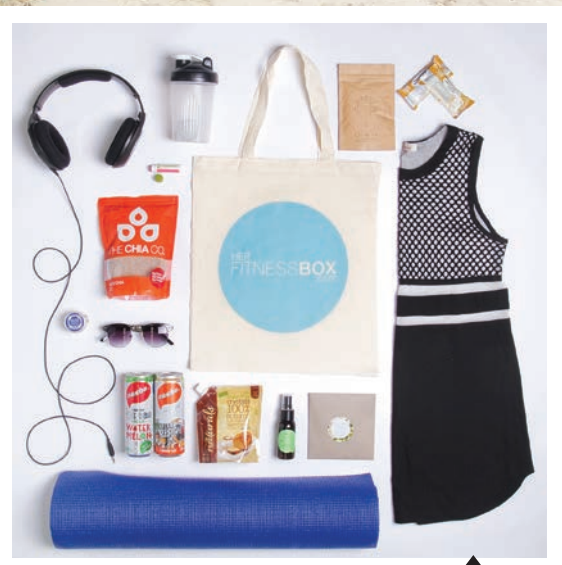


LEGGING LOGIC



The *WH&F* Raw Fitspo movement is all about embracing the skin you're in and we don't think that individually should stop at your gym apparel. Design your own luxe yoga pants by uploading a design to the Pins To Kill website – they will sew them up and deliver to you within two weeks. Or if you are lacking inspiration, choose from their own chick print suggestions. Starting at \$75, pinstokill.com

MOVE



trending MERMAIDING

Monotonous laps of the pool are out, childhood fantasies are in. Mermaiding is the new fitness buzzword, involving the use of (you guessed it) a mono-fin to propel yourself through the water. It offers a killer core workout, strengthens the lower back and – let's face it – it's fun. Classes start at \$40 per hour, noripples.com.au



Fitness feel-goods

Wanting to stay ahead of the curb in the fitness fashion stakes can have you trolling the pages of Google for hours; or, unlike your crunches, someone else can do the hard work for you. The Her Fitness Box curates the latest fitness accessories, gym looks and exercise news into a sample package delivered to your door once a quarter, leaving you fashionably free. \$49.95 per box, subscriptionbox.com.au

Breathing bias

If you're struggling to smash out the morning's treadie sesh, the problem could be less in your legs and more in your lungs. "If you watch a baby breathe, the air naturally comes from the diaphragm rather than the chest," says personal trainer Matthew Strickland (premiumfitness.com.au). "As we get older, the body becomes lazy and most people begin breathing with their chest – especially when put under stress in the

gym." Diaphragm breathing results in greater lung expansion and deeper breath compared to chest breathing, expelling waste more efficiently and slowing the heart rate to aid performance.

Try It: Lying flat on your back, concentrate on filling your diaphragm with air as you inhale before slowly exhaling. Practise daily and it will eventually become second nature.



PHOTOGRAPHY: THINKSTOCK