

do it yourself

Working out at home is easy if you know what to do. Here are the tools you need in order to get fit at home without ever being late for work.

PHOTO LULULEMON ATHLETICA / TEXT EMMA CAFFERTY



Here is the thing with working out in a city like Moscow: When simply getting on the metro or sitting in traffic every morning on the way to work is stressful, why would you face the same circumstances to get yourself to a gym where you aren't being paid to be and don't enjoy yourself?

Element proposes an alternative to getting yourself to the gym — bring the gym home.

With websites like Yoga-vibes.com — a service that lets you participate real time in yoga classes around the world for as little as \$25 a month — iTunes workout videos and podcasts, and youtube.com workouts from Pop Pilates, there is no reason you can't do both your cardio and strength training in the comfort of your own living or bedroom. All you need is one

Fonda, but really do increase the intensity of regular cardio workouts and make for great, trim thighs. Jump ropes are also available.

Now, we know you've probably seen an infomercial that forever turned you off to the idea of a "shake weight," but we insist that they are the real deal. We had trouble finding them here, but you can buy them on Amazon.co.uk for 12.97 GBP for women and 23.99 GBP for men. Working out with it looks a bit ridiculous, but it really works. A six-minute daily workout with this little guy will tone your arms in about a week.

The website also offers an Everlast thigh toner for 8.60 GBP and twistboards by the same company for 7.34 GBP. Both of these pieces are small and easy to store at home, and also provide great results.

Now that you've got your tools, start looking for your perfect workout routine. Suzanne Somers may have popularized exercise videos in the

1980s, but they're taking on new life thanks to iTunes and sites like ExerciseTV.com, which let you download videos online — even in deepest, darkest Russia. If you are looking to work on your core in time for your August trip to the beach, try out "Yoga for Abs" with Tom Morley, a likeable yoga teacher who'll warn you when it's going to hurt and makes you feel like a real star by the end. The 10-minute

video is strenuous enough to make you break a sweat, but won't interfere with you getting out the door in time for work. For something more hardcore, try "Incredible Abs" with the annoyingly peppy but informative Cindy Whitmarsh. The 20-minute exercise is a little bit more painful, especially in the second half when Cindy resorts to a torture technique called "shredding," but you'll feel the results for days after — even if you don't necessarily see them. Both videos are available on both ExerciseTV.com and iTunes.

And then there is our new personal favorite fitness instructor, Cassie from Blogilates. The blogger has a series of aggressive Pilates videos, where she listens to current pop songs and kicks your butt from the other side of the world. The upbeat trainer has a series of videos which can be watched either on her website, blogilates.com, or via youtube.com. If you're panning a beach getaway any time soon, definitely check out the Bikini Blaster series, which even includes an exercise video focused on getting rid of that "muffin top."

For more trends visit our site: www.elementmoscow.ru.

» A six-minute workout with this weight will tone your arms in a week.

quick trip to Sportsmaster and a few minutes on Amazon.co.uk, which usually ships to Russia in a matter of days.

Get started at your local Sportsmaster, where you can pick up weights — dumbbells and the wrist/ankle varieties, yoga mats, Pilates balls, stretch bands and all kinds of other goodies. Depending on the kind of workouts you choose to do, you can also get steps here, which might seem a bit Jane

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Thabang Motsei



South African journalist Thabang Motsei helps us better understand what is happening here and abroad in her reporting. She talks to element about eating out and reveling in yourself.

Where do you hang out in Moscow?

I love the French Cafe in Smolensky Passazh for those quick get-togethers with friends, anytime of the day. They've got great food, ambience and well-priced menu. Strelka Bar — c'est chic. And creative. They make the best daiquiri in town and who doesn't love the rooftop deck? White Rabbit for fine dining with amazing views over Moscow ...

What is your most prized possession?

If we were talking possession on a non-physical element, I would have to say my integrity is more important than anything in the world. It's important to me to stay authentic and believe in myself. I don't need anyone or anything to define me. As for a physical possession, I would have to say my Macbook Pro. It helps me get work done. It keeps me in touch with friends and family across the globe. I use it to listen to music, to write and it holds all my photos.

What's the wildest thing you've ever done?

I've bungee jumped, rafted on the Zambezi river, shark dove with Steve Irwin, but moving to Moscow takes the top prize for the wildest thing I've ever done.

What's the best piece of advice you've ever been given? Who was it from?

Revel in yourself, from Mr. David Stevenson my drama teacher at the National School Of Arts, South Africa. I totally do now!

If you could be another person, who would it be, and why?

Oprah Winfrey — she is inspiring, tenacious, successful, spiritual, a giver, talented, and it doesn't hurt that she has built her own empire on her own.

If you wanted to change the world, what would you do first?

This is a beauty pageant sort of question, but if I must ... I would focus mainly on education and tolerance. It's just plain ridiculous that we make excuses for people who are intolerant of differences anywhere in the world and it's unacceptable that education is not free and accessible for everyone. Ignorance is not bliss.

If you could change one thing about you, what would it be?

I think an important part of personal development is accepting who you are and loving all aspects of yourself. Of course, there is always room for improvement, the one thing I would like to improve is my patience level. There's never enough.

What is your favorite love song?

Ben Howard, "Only Love," and Sade, "Kiss of Life."

STYLE BITE OF THE WEEK



Demuazel Dore, a lingerie chain with shops in GUM, Afimal, Okhotny Ryad and other shopping malls, is now carrying the latest line of Hanky Panky's lacy underwear. The stores boast gingham, star-spangled, and leopard prints, among others. The thongs go for between 830 and 1,400 rubles apiece and are considered some of the most comfortable panties on the market.

The Moscow Expat Site

www.expatriate.ru

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