

# Powerful pop workout

## THE SHOW IT LOVE WORKOUT

By Kacy Duke with Selene Yeager

McGraw Hill/254 pages/

price unavailable

American fitness trainer Kacy Duke has helped whip celebrities like Denzel Washington, Julianne Moore and Bruce Willis into shape for film



roles, the red carpet and their personal lives.

Now, Duke has packaged a workout which combines interesting exercise routines that draw on traditional African dance, weights and staff positions; nutritional advice and recipes and the usual self-help workbook pointers.

Her starting point is that you must show your body love before you can attain the shape you want.

So instead of thinking you want to lose your belly flab, you must think: "I recognise my belly as the centre of my creative power and spirit. I celebrate it for the awesome power of giving birth. My goal is to challenge and work my creative centre to make it stronger and to make me a stronger woman."

You get the pseudo-spiritual drift?

Dressed in metallic lame bodysuits in the photographs, the celebrity trainer then demonstrates a series of her Woman Warrior poses. These are simple but powerful moves that look different from the usual boring crunches and lifts (the warm-out "show some love" move is especially easy and swinging, and Duke exhorts you to put a little "pop" in it).

They look fun. Even the most sceptical couch potato would be tempted to try out a few moves.