

Stars

In the stars... Zodiac workouts

Ever wondered which workout you're most compatible with? Amanda Place, personal trainer and founder of Sculptrition, has the answers



Aligning your fitness routine with your zodiac profile can be a source of inspiration and motivation in maintaining an active lifestyle.

Star signs have long been associated with different personality traits and characteristics — even physical predispositions!

Working out in line with your zodiac sign can maximise your physical potential while indulging your cosmic curiosity.

Aries High-intensity interval training (HIIT)

As a fiery and dynamic sign, Aries thrives on intensity so this is perfect. Short bursts of vigorous exercises are followed by brief recovery periods, plus your energetic and competitive nature will help you push your physical limits and enjoy the challenge!

Taurus Strength training

Taurus, an earth sign known for persistence and determination, finds its perfect match in strength training. Focusing on building muscle mass and developing overall strength not only aligns with your innate practicality, but also provides you with a sense of stability and grounding.

Gemini Dance fitness classes

Gemini, symbolised by the Twins, possesses a vibrant and adaptable nature. Dance



fitness classes like Zumba or hip-hop workouts will capture your need for variety and social interaction. These classes offer an opportunity for you to express yourself creatively while enjoying a fun and engaging workout.

Cancer Yoga

Cancer, a water sign associated with sensitivity and emotional depth, benefits greatly from the calming and nurturing aspects of yoga. This practice allows you to find balance, reconnect with your emotions and provide self-care. Gentle yoga flows and restorative poses will also help create a sense of inner peace and wellbeing.

Leo Group fitness classes

Leo, known for natural leadership and love of the spotlight, thrives in group fitness classes. Whether it's a high-energy spin class or a challenging boot camp, the camaraderie and collective energy of group workouts will feed your need for attention and motivation. It's the perfect platform for you to showcase your strengths.

Virgo Pilates

Virgo, characterised by attention to detail and a desire for perfection, finds harmony in the precise and controlled movements of Pilates. This low-impact workout strengthens the core, improves flexibility, and promotes body awareness, aligning perfectly with your inclination for meticulousness and mind-body connection.

Libra Barre classes

Libra, represented by the scales of justice, values balance and harmony. Barre classes, combining elements of ballet, Pilates and yoga, offer a well-rounded workout that engages both body and mind. The graceful and fluid movements of barre routines will resonate with your love for beauty and elegance.

Scorpio Martial arts

Scorpio, associated with intensity and inner strength, thrives in martial arts disciplines. Whether it's kickboxing, jiu-jitsu or taekwondo, these workouts will channel your passionate energy while cultivating discipline and self-control. Martial arts can help you focus your emotions and enhance your physical prowess.



Sagittarius Outdoor activities

Sagittarius, the adventurous sign, revels in activities that combine exercise with exploration. Hiking, trail running, riding or cycling will allow you to connect with nature, stimulate your sense of adventure, and fuel your boundless energy.

Capricorn Circuit training

Capricorn, known for its ambitious and disciplined nature, finds fulfillment in circuit training. This form of workout combines strength training with cardio, enabling you to manage your time while maximising results. The goal-oriented approach of circuit training aligns well with your diligent work ethic.

Aquarius Team sports

Aquarius, a social and independent sign, thrives in team sports. Activities like football, netball, basketball or volleyball will get you to exercise your competitive spirit while enjoying the camaraderie and teamwork that comes with it. Team sports also provide an opportunity for you to connect with like-minded individuals.

Pisces Swimming

Pisces, a water sign that's associated with intuition and empathy, finds solace in the tranquility of swimming. This low-impact exercise promotes physical and mental wellbeing, helping you to escape the world's chaos and immerse yourself in the meditative flow of water.