

5 New Fitness Trends to Help You Get a Celebrity Body



By [Melissa Lee](#)

It seems like everyone's hitting the gym to get their ideal summer body before strutting across the beach, but sometimes doing the same strength training and cardio routine can get pretty repetitive. There are always tons of new fitness trends circulating social media, but the best (and most effective) ones are always celeb-approved!

Check out these fitness trends guaranteed to help you get a celebrity body!

Try out some of these celebrity-approved fitness trends to get in the best shape of your life:

1. Ballet Beautiful: Endorsed by Victoria's Secret Angels galore, Ballet Beautiful is a fairly new workout trend that is intended to mix athleticism and classical ballet in order to help you get the most lean, toned body possible. The [website](#) offers global access, online workouts, and customized private training. If you're interested in taking a class and live in New York City, they have two locations in Soho and the Upper East Side.

2. Indoor Rowing: This may sound like an odd form of exercise, but Duchess of Cambridge [Kate Middleton](#) is a huge fan of indoor rowing, so why not try it out? This full body workout is becoming more and more popular as [rowing clubs](#) open throughout New York City and Los Angeles. However, the most

important aspect of this fitness trend is to learn the technique and maintain a steady pace in order to avoid injury.

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3. Aerial Yoga: Aerial classes aren't the most recent fitness trend, but they're approved by stars like [Khloe Kardashian](#), Vanessa Hudgens, and Sarah Hyland. This [activity](#) is designed to explore, refine, and advance traditional asana. If you're interested, there are tons of aerial classes available throughout New York City.

4. SoulCycle: It feels like every celebrity is obsessed with SoulCycle, but it's for good reason since it's so effective! These classes consist of high power indoor cycling, but they center in on having fun while getting a good workout in. Celebs like Demi Lovato, [Lady Gaga](#), [Selena Gomez](#), and Kelly Ripa all approve!

Related Link: [Fitness Trend: Why Aqua Cycling May Be For You](#)

5. Dogpound: Alright, ignore the odd name and focus in on the fact that this is another Victoria's Secret Angels-endorsed fitness trend. This NYC based gym is *super* intense, and offers private training, boxing, group training, nutritional programs, and more. Models like Ashley Graham adore Dogpound and their high intensity workouts (along with the amazing results!).

What are some of your favorite fitness trends? Share your thoughts below.