

7 new body trends hot right now

Healthista's Bodyologist blogger Helen Foster brings you the new trend of smart clothing and the wonders of alpaca meat to this month's body trends blog

HOT IN THE US: Spiderbands



Created by **NYC based trainer Franci Cohen** this twist on suspension training sees you pushing, pulling and hanging from the bands to do toning moves – but unlike TRX which is a lonely fitness mission, Cohen has incorporated it into a class environment using bikes, Bosu Balls and more. Right now they're only available in her Brooklyn gym but she's hoping to take them nationwide soon – and what goes nationwide in the US eventually ends up here. I already want to play; the boxing class which sees you doing moves like hanging off the ropes and kicking a punch bag with your feet looks like serious fun! Check it out at francicohen.com.