

## Personal trainer shares the ONE type of exercise all women should be doing to achieve a toned body in record time

- Pioneer of women's fitness Vix Erber launched her own boutique studio
- The Bondi Beach-born beauty began working in the fitness industry in 1991
- She has shared her top tips for sculpting a woman's body with FEMAIL
- Vix believes in the method of infusing high repetitions with light weights

By [MATILDA RUDD FOR DAILY MAIL AUSTRALIA](#)

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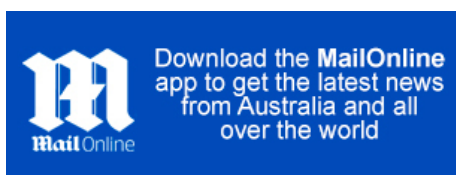
A personal trainer with 30 years of experience working with women's bodies has revealed how she sculpts them to perfection - and you don't need to lift heavy weights in the gym.

Vix Erber, or Bondi Vixen as she is known in her community of Bondi Beach, first got her start in the fitness industry in 1991, becoming one of the first people in Australia to complete their personal training certificate.

Now she owns and runs [The Vixetix Method Studio](#), a boutique strength, HIIT, Pilates and yoga-infused group and personal training environment, which is steadily growing its client base after disruptions and lockdowns caused by Covid.

While every woman's body is different and will respond to different training styles Vix takes the approach of infusing high repetitions with light weights as it means her clients are less prone to injuries and heavy loading on the joints.

'It's also a much safer approach in my opinion and no matter what your body type this style will lean you out and tone you up without the bulk that tends to come with heavy lifting,' she told FEMAIL.

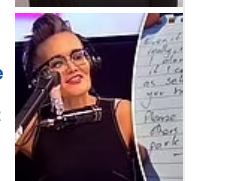
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Vix Erber (pictured), or Bondi Vixen as she is known in her community of Bondi Beach, first got her start in the fitness industry in 1991

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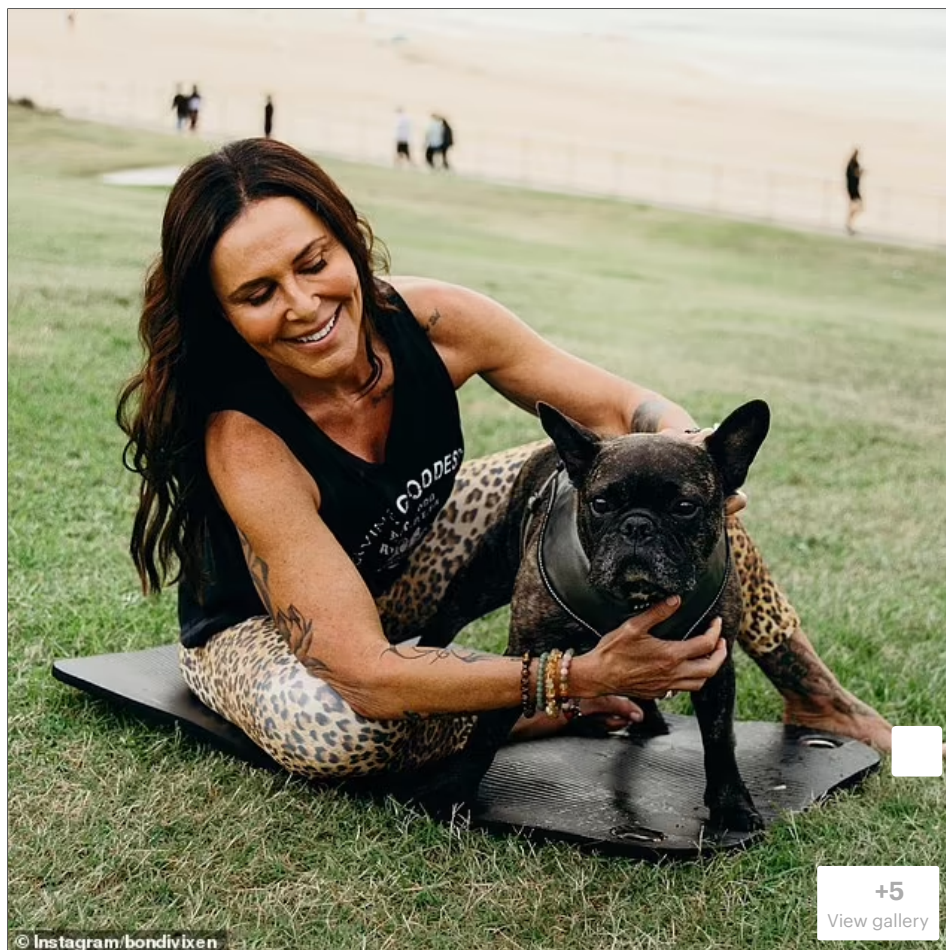


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One of Vix's signature workout classes, called SWEAT, involves using light weights and cardio drills set to short intervals

One of Vix's signature workout classes, called SWEAT, involves using light weights and cardio drills set to short intervals.

'It's the ultimate in fat burning, strengthening and toning. It's an all inclusive triple threat,' she said.

For those ladies on a weight loss journey the dedicated personal trainer recommends maintaining structure as the most important part of the puzzle.

Keeping it simple by understanding how many calories you're eating compared to what you're using up during the day is the only way to see the scales move in a positive direction.

'Strength training is essential over everything else to stay lean and strong and if you train with weights you have also tackled your cardio in one hit,' Vix said.

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'If you don't add a cardio element to your weight training then I always recommend either a soft sand jog or walk. You get more bang for your buck on the soft sand.'

Vix, who is in her late 40s, teaches up to 16 classes a week herself and completes all of the personal training appointments at her gym.

'I got a job at Healthland Gym in Bondi Junction after finishing school and I've worked ever since,' Vix said previously.

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In the early 2000s she would get a few girlfriends together for 'mums and bubs' classes before taking her training to the beach in the form of bootcamps, where Bondi Vixen was born.



After testing out the waters with a pop up studio - which 'went through the roof' in sign ups - Vix finally landed a space in North Bondi, barely a minute's walk from the sand

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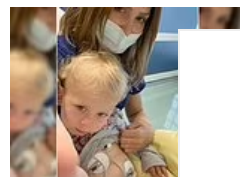
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## What are Vix's four pillars of health and fitness?

**Empower:** We slow down the reps to focus on lifting heavier weights. With two classes, one tailored to the upper body and the other for the lower, we prioritise defining and shaping lean muscle exactly where you want it.

**Sculpt:** Join us barefoot on the mat and prepare to lift, squeeze and crunch your way to a strong core and powerful booty using tight and targeted Pilates-inspired movements against decreasing intervals.

**Sweat:** HIIT, but not as you know it. Through bursts of high intensity activity, our workout gets progressively more challenging. This dynamic circuit style workout results in total body cardio-conditioning.

**Restore:** In two styles, Yin and Flow Yoga, we offer recovery classes that help you feel relaxed, lengthened and centred. These slow-paced sessions are a time to reflect and listen to your body as we move through postures and feel our edges.



The Vixletix Method Studio brought to you by Bondi Vixen





'I had 30 strong women in my groups. We would train rain, hail or shine. Only five years ago boutique fitness was just starting out and I knew that was the direction I wanted to go in,' she said.

After testing out the waters with a pop up studio - which 'went through the roof' in sign ups - Vix finally landed a space in North Bondi, barely a minute's walk from the sand.

While there are plenty of fitness offerings in the vicinity targeted at men and women in their 20s Vix was hoping her method of working out would appeal to the 35+ age bracket.

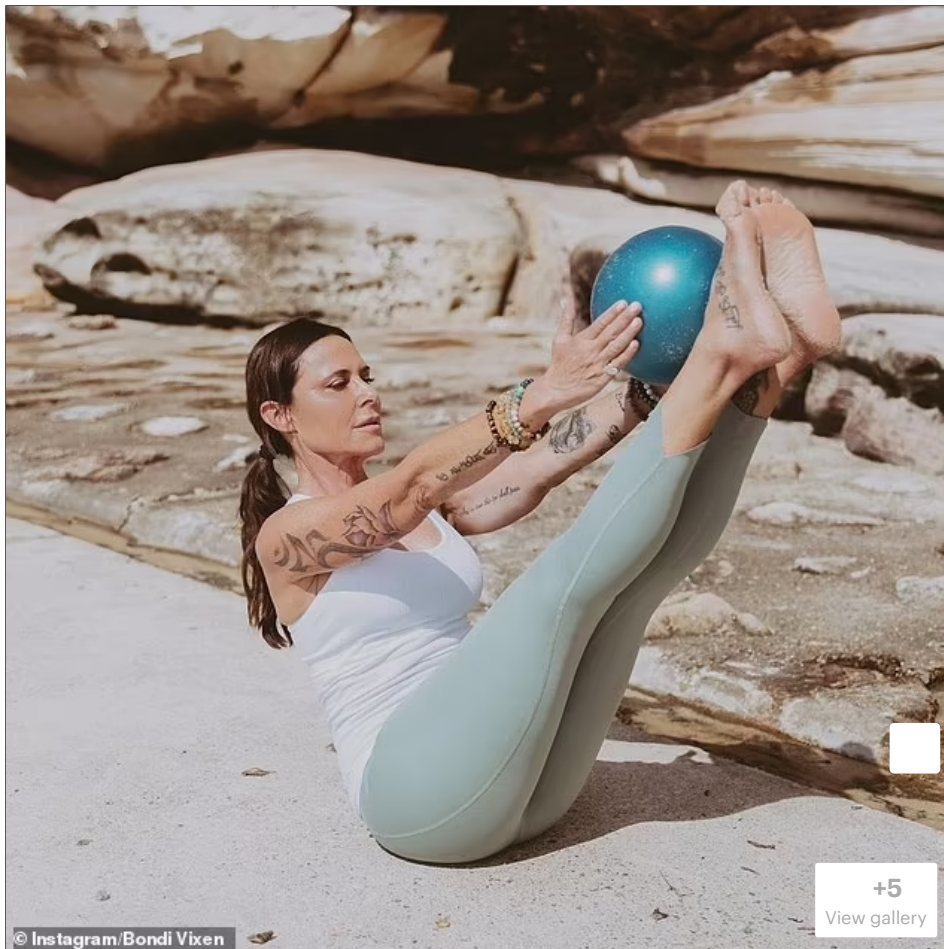
'Vixletix Method is based on four pillars that I believe are crucial for a more consistent routine,' she said.

The first pillar, Empower, focuses on increasing lean muscle with strength training, which is important for bone density and preventing osteoporosis as we age.

'Young ones come in thinking they will bulk up with weights but that is just not the case. In a female-only environment, you will only get the results women require and desire,' she said.

The next pillar is Sculpt, which is Vix's version of 'progressive' Pilates training using booty bands, sliders and interval training.

It targets the glutes and core in equal measure for a targeted workout.



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'Vixletix Method is based on four pillars that I believe are crucial for a more consistent routine,' she said

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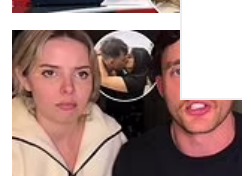
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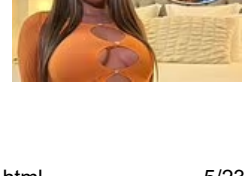
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The studio also has massage therapists, nutritionists and dietitians on site to ensure clients have a well-rounded approach to their health

The final two are Sweat - which is multi-functional cardio and conditioning - and Restore, which is a chance to meditate and relax with yoga.

There are classes associated with each of these pillars to make it easier to choose a broad variety each week.

The studio also has massage therapists, nutritionists and dietitians on site to ensure clients have a well-rounded approach to their health.

'You don't have to go anywhere else. The best results come from when you're going to the one place, it's safer and more motivating,' Vix said.

Vix recommends four fitness sessions a week to see results, with three at an absolute minimum, and to make it a part of your lifestyle, rather than a chore that needs to get done each day.

You can find more about Vix and her studio on [Instagram](#) and her [website](#).

## Do you need some much-needed TLC? These beauty and wellness finds will save you time AND money

### 1. This 'Miracle' \$55 Magnesium Serum, Created By A Pharmacist, Is Your Secret Skincare Weapon

Australian skincare brand, [The Base Collective](#), known for its range of [magnesium-infused products](#), has just launched the [Glow Restore Triple Serum](#) to combine the [healing properties](#) of magnesium chloride with [intensely hydrating](#) hyaluronic acid.

The \$55 formula also contains niacinamide to [reduce inflammation](#), salicylic acid to [gently exfoliate](#) and rose geranium oil to [refine pores](#); a dream team of ingredients created by its [pharmacist co-founder](#).

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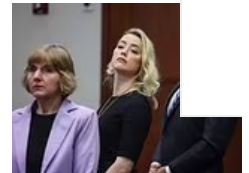
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