

EXPERTS
REVEAL

HOW TO NEVER HAVE A BAD DATE AGAIN

11 MORE
WEEKLY

100
summer
shoes

You'll want the lot



23 JUNE
2008
£1.30
Includes
FREE GIFT



 BB Dale's
shocking
party photos

JORDAN AND PETER'S

SUMMER SEX CONFESSIONS

Peter tells more: 'We've had sex in a stable'



PLUS! Amazing
real-life holiday
sex confessions



BREAKING NEWS

How Posh helped Britney lose 2 stone



7.01 CLANCY, HOW CAN WE GET YOUR BODY?

We really want one just like it to put in our bikinis...

Those footballers. You didn't qualify for Euro 2008, so you might as well have a few lavish holidays instead, eh lads? Well, top WAG Abbey Clancy is lapping it up, and looks amazing while lazing on all

those beaches with Crouchy. We want her bikini body, and we want it now. So, we've got top personal trainer Anthony Mayatt to show us how to get it. We'll be working that bikini like a WAG in no time.

HOW TO GET...

Pert boobs

Abbey's perky pair are enough to give us boob envy

The exercise: Pec fly
Do this: Lay back holding light weights above you, with your arms straight. Slowly lower the weights towards floor, keeping your arms straight, so you feel your chest stretch. Do. Not. Drop. Weights. On. Your. Head. Do three lots of 15. Then rest and stretch.

Toned upper arms

No bingo wings for Clancy

The exercise: Dips
Do this: Perch on the edge of a chair, lowering your bum towards the floor so your arms bend. Hold it for about half a second, then move back, so your arms are straight again. This is a bit harder, so do about three lots of 10 to 15.

Toned abs

Abbey's stomach is so flat we could do our ironing on it

The exercise: Full crunch
Do this: Lay back and lift your shoulders off the floor,

curl knees in towards your chest. Hold this for half a second. Aim for three lots of 15 to 20, with a 30-second rest in-between.

Firm bum

Get Abbey's pert-as-Kylie's booty
The exercise: Bum squeeze
Do this: Go on all fours, and push one leg behind you. Squeeze your bum together for about one second. Three lots of 20 should do it.

Firm thighs

Sorry, girls but for Clancy's thighs, lunges it is

The exercise: Lunge and reverse lunge
Do this: Stand up straight, feet together (for a bit more muscle, hold light weights each side). Take a big step forward, pushing your knee towards the floor. Then, with the same leg, step backwards, working the opposite leg. Do three lots of 16, then feel smug.

Eat

Munch on complex/high-fibre carbs before you exercise for energy, like a banana. And, after your work out, it's good to have something full of protein, a chicken salad is the best choice. Snack on fruit and drink plenty of water.

Abbey: 'Go on, do your robot dance'
Crouchy: 'Sed off'



'Explain offside again'