

INCREIBLE
REAL LIFE

'I LOST 24 STONE IN 4 YEARS'

more
WEEKLY

NEWS EXCLUSIVE

CHERYL

'SHE'LL NEVER WEAR HER
WEDDING RING AGAIN'

PLUS! Friends tell more
why she's taken Ashley back

100%
SHOCKING

One bloke's
x-rated holiday
sex confessions

HOW TO GET
AMAZING HAIR

*11 tips experts swear by

*6 sexiest celeb styles

*The £2.99 spray to beat frizz

100
sexy tops

Your Saturday
night outfit sorted!



RONALDO
TOPLESS PICS
THANK GOD FOR
THE SUNSHINE



2 JULY
2006
£1.30
*FREE
*FREE
*FREE

The week's big QUESTIONS

Blockes
take note



Ronaldo

Ronaldo greases himself up on holiday. Need a hand doing your sixpack Ron?



Mathew McConaughey

He might be pushing 40 but we definitely still would



Kevin Sacre

Hollyoaks' Kevin Sacre (Jake) proves he's all man on his jollies in Mallorca

11. WHY CAN'T OUR BLOKES LOOK THIS HOT?

Well, they do, in our dreams...

Our two favourite things about summer time? Beach holidays and topless men. And in an ideal world this is what our boyfriend would look like in their beachwear.

BUT WHAT DO YOU DO IF HE LOOKS MORE LIKE THIS?



What's happened to 'Doughnut' Damon? Don't worry though it's just for his new film

Personal trainer, Anthony Mayatt* gives us his top tips on how to turn your bloke from Matt Damon to buff.

Pecs

To tone those moobs Anthony suggests press ups. If he does as many as he can once a day, every day, you will see the results in six weeks. Nice.

Abs

To get rid of that beer belly try crunches while holding weights. He doesn't have to hold actual weights, a 2L bottle of water will do.

Biceps

To muscle up skinny guns get your bloke to try bicep curls. Get him to do this one at least three times a week and he'll be carrying you into the sea in no time.



So not a good beach look, Col