

BAKE OFF IS BACK!
10-PAGE SPECIAL

IS ANT & LISA'S MARRIAGE OVER?

WEDDING EXCLUSIVE

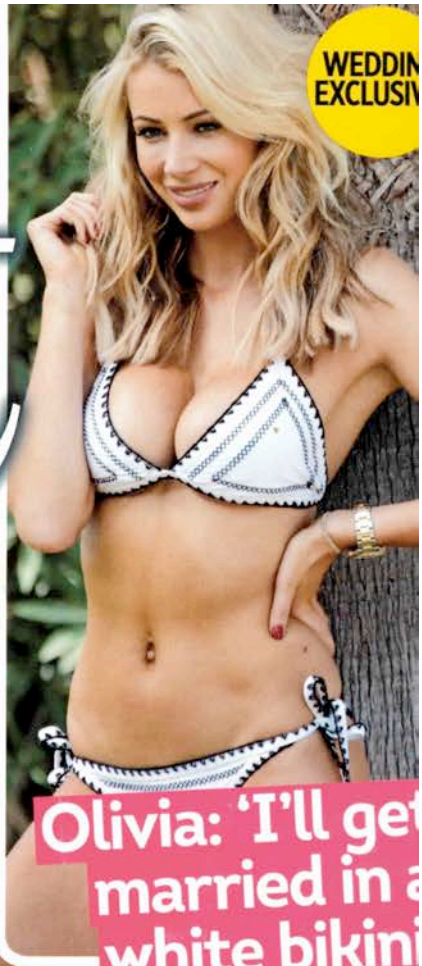
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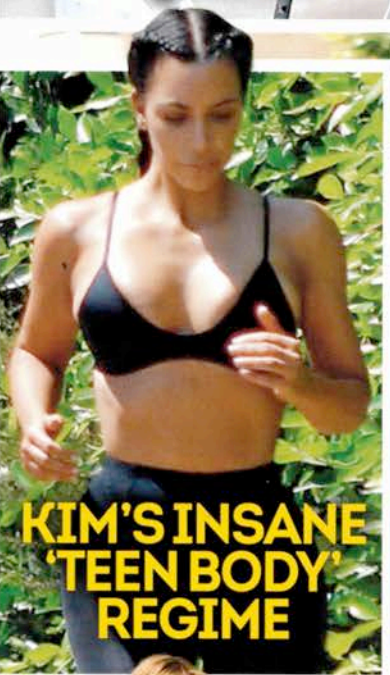


BABY DRAMA

PREGNANT FERNE:
Why she HAD to visit Arthur in prison



Olivia: 'I'll get married in a white bikini'



KIM'S INSANE 'TEEN BODY' REGIME

Cheryl's NEW LIFE IN L.A.

- SECRET MEETINGS WITH JUSTIN BIEBER
- BABY BEAR'S A-LIST PLAYDATES



NEW DENIM ESSENTIALS



6 NEED TO KNOW RULES

PLUS!



SARAH & CHERYL'S TOXIC FRIENDSHIP
INSIDER EXCLUSIVE

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A-List WORKOUT PLAYLISTS

Supercharge your workout with tailored soundtracks compiled by celebrity personal trainers

CIRCUITS

WITH DALTON WONG

The performance coach and founder of *Twenty Two Training* (Twentytwo.training.com) trains Kit Harington, Jennifer Lawrence and Amanda Seyfried. "Your playlist has to be full of music you love," says Dalton. "I work with a lot of actors who have limited time to train. I have to get the most out of the time I spend with them, and their favourite music helps them to feel really pumped up. For circuits, find tracks within your chosen genre that have peaks for high-intensity and troughs for rest periods."



PLAYLIST

• *Smells Like Teen Spirit*, Nirvana • *Enter Sandman*, Metallica • *Going To California*, Led Zeppelin • *Daughter*, Pearl Jam • *Children*, Robert Miles • *She Sells Sanctuary*, The Cult • *Champagne Supernova*, Oasis • *The Greatest*, Raleigh Ritchie

#72

Millie gets tough



BOXERCISE

WITH OLIVIA COONEY

Party girl-turned-personal trainer Olivia is the founder of *Pop-Up Fitness* retreats (Pop-up.fitness), loved by Millie Mackintosh, Laura Whitmore and Gizzi Erskine. "Keep your playlists fresh – if you hear the same music over and over again, it can affect your energy levels, which you don't want when boxing," says Olivia. "I keep an ear on *Discover Weekly* on my Spotify account, as that really helps. I find hardcore hip-hop tracks are great for a successful boxercise class, as they make me feel aggressive in a good way, and super-focused."



PLAYLIST

• *All The Way Up (Remix)*, Fat Joe, Remy Ma & Jay Z • *I'm Really Hot*, Missy Elliott • *Trap Trap Trap*, Rick Ross • *Whole Life*, Donae'O'R • *Fredo*, Desperado (3LAU Remix), Rihanna • *Big For Your Boots*, Stormzy • *Mercy*, Kanye West



Model Izabel Goulart: fit