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17-PAGE TV  
FILM GUIDE



LAUREN EXCLUSIVE!  
'I'VE GIVEN UP  
CRIMINALS FOR GOOD'

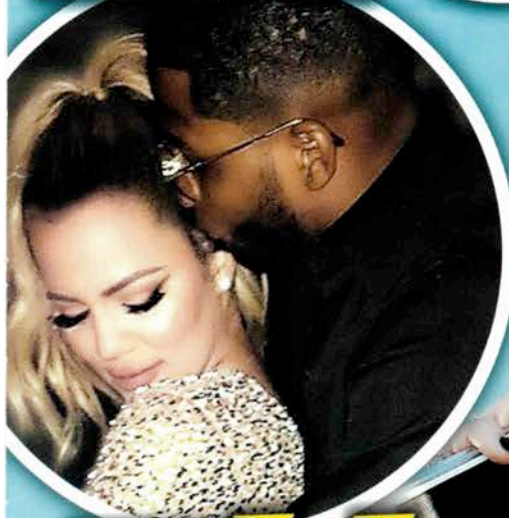
ISSUE 948 12-18 AUGUST 2017

# meat

NEW  
PICS



INSIDE  
CHERYL'S  
COMEBACK  
SHOOT



# Khloé BABY AT LAST!

THE 'OVERJOYED' STAR IS  
PICKING OUT NAMES ALREADY



POSH & BECKS  
CAN A 'COUPLE  
RETREAT'  
SAVE THEM?

CBB'S ORIGINAL FACES!



SPOT-ON  
FASHION



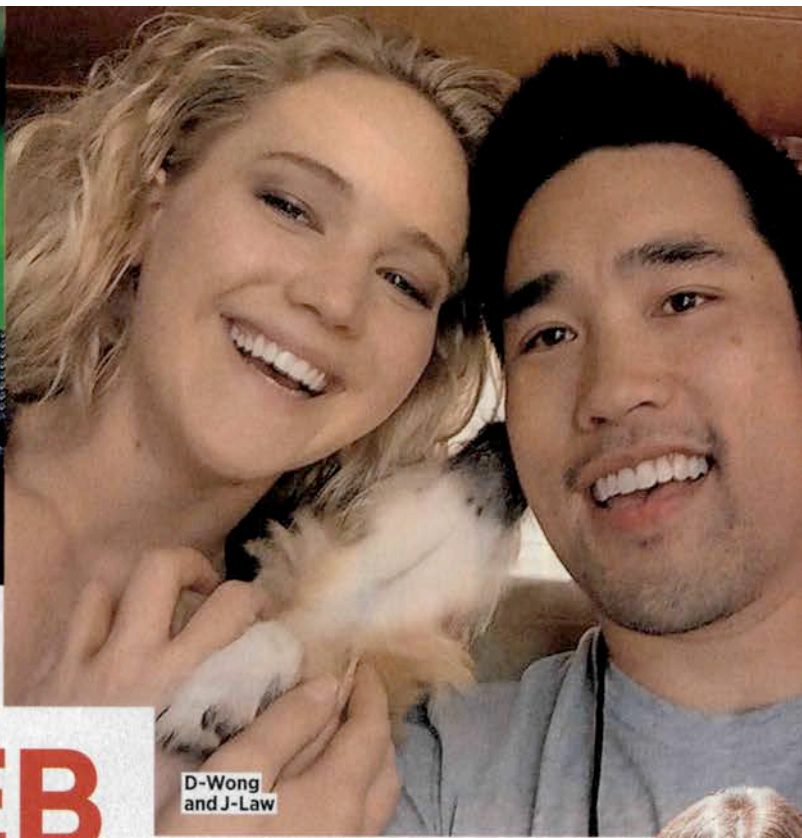
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D-Wong and J-Law

# Secrets of THE CELEB PERSONAL TRAINERS

#72

Top celebrity trainers share their advice on how to supercharge your workout...

Personal trainers spend hours in the gym training their clients and their expert eyes spot the common mistakes many of us make. Here's what they wish they could walk over and tell you...



### 'SKIP THE POST-WORKOUT TREAT'

**Dalton Wong** ([Twentytwotraining.com](http://Twentytwotraining.com)) has sculpted the bodies of Jennifer Lawrence and *Game Of Thrones*' Kit Harington and Gwendoline Christie. "Most gyms have shakes, juices and healthy, nutrient-rich foods on offer, but don't automatically head for them just because you've worked out. That date brownie might be healthier than a regular brownie, but it's still calories that need to be burned off. If it's an occasional treat or you're genuinely hungry, then great, but don't make food a regular reward." Follow him on Instagram @dalton\_wong22



### 'LESS IS MORE'

**Richard Tidmarsh** is head trainer at Reach Fitness London ([R4reach.com](http://R4reach.com)) and has trained Vogue Williams, Millie Mackintosh and Vicky Pattison. "I often see people overtraining, especially with too much HIIT. It puts stress on the body, which is why it works so well for boosting fitness, but if you repeatedly work that hard without recovery, levels of the stress hormone cortisol will build up. This reduces energy and makes body fat harder to shift. HIIT should be done no more than three times a week, spaced out. Also, mix in swimming, yoga and weights for a bigger increase in fitness." Follow him on Instagram @richtidmarsh



### 'SMALL CHANGES = BIG BENEFIT'

**Carly Rowena** is a personal trainer and fitness blogger with over 373,000 YouTube subscribers. "Clients often come to me with big



### 'STRETCH YOUR FRONT'

**Shona Vertue** is a trainer and yoga teacher, who's worked with David Beckham. "Inflexibility reduces the effectiveness of exercises. When I watch people stretch after workouts, they often put too much emphasis on stretching the back of the body, such as hamstrings and lower back. Spend some time at the end of a workout opening out the front hip flexors with deep lunges; use a foam roller along the quadricep muscles at the front of your thigh to break down any tension, and make sure you tuck your tailbone in and slightly round your lower back for all quadricep stretches." Follow her on Instagram @shona\_vertue



### 'UPGRADE YOUR ABS ROUTINE'

**Ed Lumsden** is head trainer at TWPT. He designed the workouts for, and featured in, the



Khloé K, out for a stroll