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3 ULTIMATE SQUAT GOALS

- 1. BODY WEIGHT SQUATS** WITH FEET HIP-WIDTH APART, FEET SLIGHTLY POINTED OUT, SQUAT DOWN TO WHERE YOUR KNEES REACH A 90-DEGREE ANGLE AND PUSH YOURSELF BACK UP TO THE START.
- 2. PLIE SQUATS** YOUR FEET NEED TO BE WIDER APART AND ANGLED OUT. KEEP YOUR BACK IN LINE AND BEND YOUR KNEES MORE OUTWARD AS YOU SQUAT DOWN. THIS IS AMAZING FOR YOUR INNER THIGHS!
- 3. PULSE SQUATS** LIKE A BASIC SQUAT, BUT ONCE YOU REACH THE BOTTOM, INSTEAD OF COMING UP FULLY, ONLY COME HALFWAY, THEN LOWER BACK DOWN INTO THE SQUAT TO CREATE A 'PULSING' MOVEMENT.



LOVE YOUR BODY

It's time to get fit and feel amazing!

#GIRLGAINS

Zanna van Dijk – fitness blogger, the face of Tommy Hilfiger Sports and one third of the women-empowering movement #girlgains – has just released her first book, *Strong*. Grab a copy now and learn how to be the healthiest and most confident version of yourself you can be.

ZANNA ENCOURAGES HER FOLLOWERS TO BE CONFIDENT AND HAPPY



STRONG

ZANNA VAN DIJK

OVER 80 EXERCISES AND 40 RECIPES FOR ACHIEVING A FIT, HEALTHY AND BALANCED BODY

AVAILABLE FROM HEADLINE PUBLISHING GROUP £16.99

HEALTH AND FITNESS



ACTIVE COMPRESSION BLACK SHORT £46 APPROX



ESSENTIAL LEGGINGS £89

SUCK IT UP

International shapewear brand Spanx has delved into activewear to bring us these supportive and sassy gym leggings. Definitely going to rock these at our next HIIT class...



ACTIVE COMPRESSION MIDNIGHT SKY KNEE PANT £70 APPROX

GOT A LOT OF ENERGY

SPOTIFY HAS REVEALED THAT DRAKE IS THE MOST-LISTENED TO ARTIST GLOBALLY FOR WORKOUTS!

JUST ATTEMPTING TO DO THE HOTLINE BLING DANCE MAKES US TIRED!

