



Fred Sirieix
Taking to the workout zone in his London townhouse, *First Dates* star Fred, 53, starts his day with 300 push-ups. The maitre d' is also a keen boxer – training with a former British and European boxing champ. Opening up about his hardcore routine, Fred said, 'You can't get fitter if you don't go to the limit.'

Kate Hudson

Fitness fan Kate, 45, has purchased her own Reformer Pilates machine to help build her strength and flexibility – saying she saw an 'instant shift.' Maintaining her toned physique, the mum-of-three also loves her Peloton bike, as well as having plenty of room in her gym for some mat-based yoga.



Kim Kardashian
Kim, 44, has built her own state-of-the-art gym inside her million-dollar mansion – working out five to six days a week. A fan of lower legs and glute training, the star's mirror-lined gym is filled with treadmills, StairMasters and weight machines. She also trains with resistance bands to keep her famous behind perky.



Kate & Rio Ferdinand

Balancing busy careers with parenting their blended brood of five, having a home gym is key for Rio, 46, and Kate, 33. Kate gets up at 5am to kickstart her day with an at-home HIIT session, saying, 'My life is so manic that that hour in the morning just calms me.'



Rochelle Humes
The *Saturdays* star Rochelle, 35, maintains her physique in her high-tech gym. The huge space – which is said to feature its own vending machine – is filled with weights machines, treadmills and handheld equipment. Posting a snap of her working out, Rochelle told fans, 'Do workouts that tone you, not kill you.'

HOME GYM STARS

These celebs don't travel far to stay fit



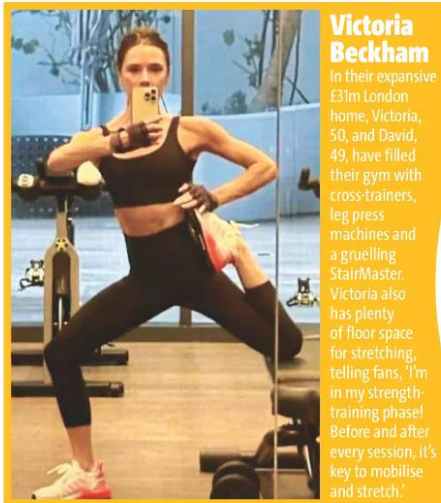
Alison Hammond

Embarking on her fitness journey, Alison, 50, has dropped an impressive 11 stone over recent years. The *This Morning* presenter recently transformed her garage into a personalised gym. Armed with a trainer to guide her, social media clips have shown Alison enjoying workouts including circuits, running and boxing.



Mark Wright

When building his 'dream home' with wife Michelle Keegan, 37, former *TOWIE* star Mark, 38, gave fans a glimpse into his light and airy gym. Alongside handheld weights, the space has plenty of room for Mark to perform his HIIT workouts – made up of moves including squats, jumping jacks and push-ups.



Victoria Beckham

In their expansive £31m London home, Victoria, 50, and David, 49, have filled their gym with cross-trainers, leg press machines and a gruelling StairMaster. Victoria also has plenty of floor space for stretching, telling fans, 'I'm in my strength training phase! Before and after every session, it's key to mobilise and stretch.'



Jennifer Aniston

For Jennifer, 56, her luxury home gym is an idyllic spot. The calming space is decked out with Pvolve equipment – a low-impact workout routine that focuses on resistance. The *Friends* star live streams her workouts online, with studies showing low-impact sessions can also be a gamechanger for menopausal women.

