



I've got my BEST ABS EVER!'

TV star and musician Myleene Klass tells
Rianne Ison how she got super fit for her 40th

After only being in Myleene Klass' company for five minutes, it's already clear she tackles her fitness

regime in exactly the same way she lives her life - she means business.

'Women don't always want to go to the gym - they haven't always got time - so I move my coffee table out of the way and that's my gym,' the TV star tells us. And Myleene, who turns 40 this month, is walking proof that it pays to put in the hard work at home.

The mum of two has looked increasingly strong and toned since she embarked a new fitness regime with personal trainer Louis Renocks 18 months ago. Which is one of the reasons the star launched her own fitness programme earlier this year, *MyBody by Myleene Klass*.

It's about feeling strong'

Myleene - mum to daughters Ava, 10, and Hero, six - tells us, 'I'm getting to a point in my life, and the age, where I want to be around for my children. My girls think I'm Wonder Woman, and I don't think that's going to last but I've got to keep up with them.'

'Ultimately, I want to feel strong. And I want to maintain what I have. There was a quiz in a newspaper - and this is kind of what started it all off - where there were 10 pictures of me over 10 years and you had match them up. We were like, 'Crikey, I have actually maintained!'

The former *I'm A Celebrity* star then explains why a photo of her inspired her latest project. 'People asked me, "How did you get your white bikini body?" "How did you do that with children?" So I thought let's show you.'

And that's what she's done. Myleene's home programme includes three workout styles - MyPower, up-tempo fat-burning cardio workouts; MyStrength, movement exercises using a 3.5kg sandbell; and MyCore, slow tempo core work, including Pilates and yoga moves.

You need to sweat!'

Speaking about her preferred workout Myleene said, 'I like high-intensity and fast. If you work out, you've got to sweat. Don't put eyeliner on and straighten your hair for a selfie.'

'When I say "MyCore" that's tummies - let's drag them in! With MyStrength, it's the repetition for your glutes - let's get the JLo burn! And we tackle bingo wings too.'

'You also get a sandbell in the pack - you can work out with it on your legs, your stomach, and your head. It's really versatile,' she continues.

'My favourite sections are the boxing combinations because they work my brain out. It's amazing for getting those endorphins and sweat going, and it's a quick fat-burner.'

I love to hate anything with the sandbell because it means there's endurance. It's horrible, but so good afterwards. I love the planking too, because you can incorporate the sandbell - you're not just standing there squeezing for dear life and waiting for the clock to tick faster.'

The star follows the programme three times a week and, time permitting, fits

'Getting up off the sofa is the biggest battle but I feel really good afterwards'

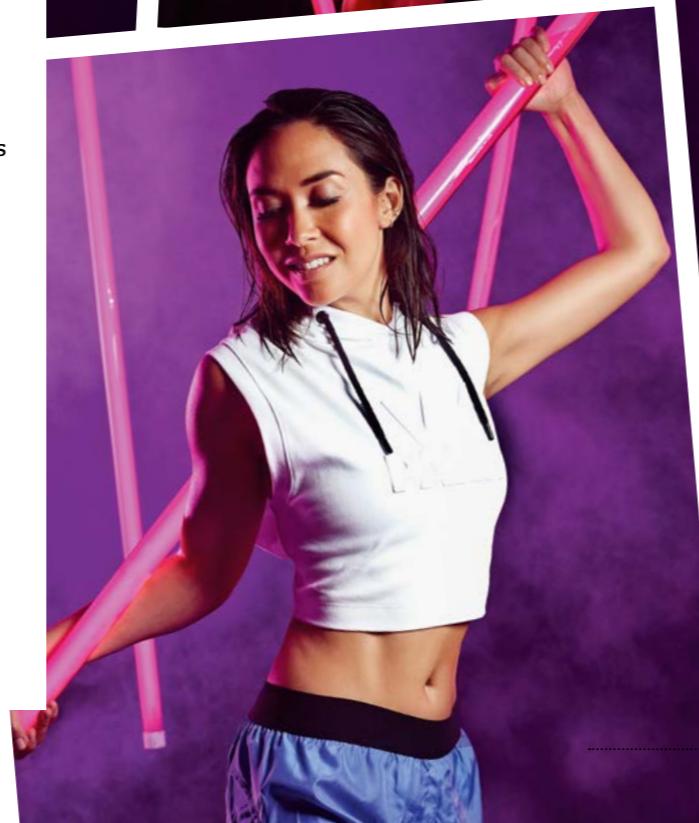
in an extra session, with trainer Louis dropping by to put her through her paces.

'I try and squeeze in something on the fourth day. Either another exercise, or my friend's training for the marathon, so we'll go for a 5k Parkrun with the girls,' she says.

It has to fit in with your lifestyle'

Myleene insists the hard work is worth it - even though, just like us, she isn't always motivated to work out. She admits, 'Getting up off the sofa is the biggest battle. You think, "Tomorrow's fine!" and then you think, "No!" But once you're up, you're up. Afterwards, I feel really good. I think my attitude towards exercise has changed. Before, it was something I had to get out of the way. But now I see it as something that's incorporated in my life.'

However, the single mum explains her workouts fit around her hectic lifestyle - they don't dictate it. 'The days of rest are just as important. If I lied to you and said, "I do seven days a week, every day of the month," it isn't realistic. And it's not realistic to not live your life. I don't want to sit at the cinema with my kids eating an apple. I want popcorn.'



My food portion control isn't great'

Continuing to open up about her eating habits, Myleene admits, 'my portion control isn't great. I've had to really control that. I eat with the kids so when they don't finish something you pick. Then I have another dinner in the evening. I've had to be really careful to eat my designated meals.'

Those meals consist of porridge for breakfast with toppings, such as blueberries, nuts or raisins, followed by a hearty lunch and chicken salad, or sushi for dinner.

'If my girlfriends go out to grab lunch, everyone knows to get chicken, or sushi. Then I'll alternate it in the evening, as I love sushi for dinner too. Tempura crab or prawns - that's my dream,' she says.

It's this healthy outlook on food - plus her workout programme - that has seen Myleene reap the rewards, as she proves on our shoot by showing her abs in a crop top in between demonstrating exercises.

I like my curves'

'I feel like I have better abs than I've ever had in my life. But I didn't want the workouts to be unachievable. I like having my curves too,' she says.

And Myleene is keen to stress it's not all about how you look or what you weigh - scales are banned at home and she never uses the word 'diet'. 'I go on how I feel - I feel really strong and really happy,' she continues.

So now, after inspiring other women to feel equally strong, what's next on her fitness bucket list? Running a marathon like her friend? Never say never. Maybe I'll do a marathon - maybe I'll do it with the kids. I like to think a little bit out of the box and of things I can include in my life. At the moment, I want to be a better free diver. We went to Turkey recently and there was a dead turtle's shell on the seabed. Everyone was trying to dive and nobody could get it. I went down, got it and my girls were cheering, so now I want to work on my free diving.'

We have no doubt she will. Myleene means business, after all.

» Myleene's fitness programme, *MyBody by Myleene* is available now.
For more on the 12-week home workout programme, which comes with two DVDs, wall planner and a sandbell for £49.95, visit mybodybymyleene.com.

Myleene's moves for busy mums

Myleene's workout has simple but tough exercises to help you tone up and burn fat. Try doing each in turn for a minute, then repeat the circuit twice more



BEST FOR
Waist whittling

» Side plank

Rest on one elbow and reach the other hand directly upwards. Relax your shoulders and neck, no hunching! Pull in your abs and lift your hips, keeping a straight line through the top of your head, through your spine and out through your heels.



BEST FOR
Burning cals

» Right jab

Stand in boxing stance with your hands up, left foot and left hand forward. Keep your elbows in, knees slightly bent. Lift your right heel slightly and punch with the right arm, palm down and knuckles directly in front of your face. Shift your bodyweight forward to increase power. Keep punching for a minute, then change arms.



BEST FOR
Glutes and abs

» Sandbell swing

Stand feet hip-width apart, holding the sandbell in front of you. Soften your knees, hinge forward at the hips to swing the sandbell back between your legs. Powering through your heels, push forward through your hips to send the sandbell swinging forwards and up, aiming for chest height, with arms extended but not locked at the elbow. Snap your hips forward, squeezing your glutes tight. Repeat.



BEST FOR
Bum and shoulders

» Lunge press

Start in a standing position with the sandbell in both hands, held in front of your chest and your feet together. Take a big step to the side, placing your foot so it's pointing forwards or slightly to the side. Without hesitating, bend the knee on your stepping leg, ensuring it points directly to the front, keeping your standing leg straight and at the same time, press the sandbell out in front of you at chest height. Go as low as is comfortable, sticking your bum out and keeping your core engaged, then smoothly return to the starting position. Repeat on the other leg.