Amy Childs

We slide into the DMs of a former TOWIE star to get ream. Or something

What motivates you to train when you don’t feel like it?

Kelly, my trainer, going, “You’ve got to do it!” When I train with Kelly, we have a right good laugh. That’s the main thing – you’ve got to look good and have banter.

Are there any exercises that Kelly has to bribe you to do?

The leg extension. I hate it. I’m like crying, looking at Kelly. It kills me.

What’s more painful, getting beasted by Kelly or getting a vajazzle?

A vajazzle doesn’t even hurt!

What about the waxing bit you do first?

That’s a different kind of pain. You get good results from both.

Does anyone say they’re “well jel” of your body?

Yeah, or “your body’s ream!” It’s a bit cringe. Everyone says “well jel” but I made that word up, so I’m really proud of myself. I think everyone should say it.

What’s trickier… learning correct form for exercise, or learning lines for TOWIE?

There’s no lines in TOWIE! We didn’t learn any lines!

What takes more skill… doing a good squat or taking a good selfie?

I’m amazing at selfies. With a selfie, you’ve got to get a good angle, that’s all it is. Yeah, put that in… angle.

What took more effort… training for The Jump or writing your autobiography?

They were both really hard. But The Jump was awful. I haven’t got the best balance, so I was all over the place. I’ll say The Jump.

What would you rather do in a day… 200 burpees or drink five pints of broccoli juice?

200 burpees. I don’t mind burpees.

Blueberry Slender Shakes are now available at blueberriesports.co.uk