



Because you want a **BODY** like THIS (as much as he does!)

Just because you don't have the time, temerity or trainer, it doesn't mean you can't sculpt yourself your dream figure. Follow these simple steps and we can work it out!

6 MONTHS House training

This may seem like plenty of time, but in order to get the body you want without changing your lifestyle too much, it's time to heed the three-times-a-week rule. Exercising at home is a great way of fitting it in to a hectic lifestyle and gymcube.com offers unlimited, live home workout videos for just £5.95 a month. Unlike other at-home videos, the classes are streamed daily for you to join in the fun, with workouts such as Rise and Shine Yoga, Abs Blast and Ravefit – it's bringing fitness classes to your living room.

1 MONTH The 15-minute workout

This one is technically a gym – with personal training sessions in a private fitness centre, but the other gym-goers are nowhere to be seen. With their focus being on educating you on nutrition, exercise and a bit of science (hormones, insulin levels etc) they can help you lose a dress size in just two weeks. And what's even better is that you need only give up fifteen minutes, three times a week! Of all the sessions out there, we think you'll find the one at educogymcity.com most welcoming.

1 WEEK The ultimate cleanse

This may not be enough time to miraculously change your body shape, but it's more than enough to reduce bloating, get glowing skin and even shed those last few lingering pounds. The Bride-to-be Cleanse from purifynecleanse.com starts from £330, and is an intense detox programme. Combining juices high in antioxidants, vitamins and minerals with a facemask, body brush and bath salts, it'll have you looking and feeling good, both inside and out. And no, you don't detox on your actual wedding day!