

OK! LOOKBOOK

BEACH BOD GOALS!

AS THE WEATHER HEATS UP, OK! LOOKS TO SOME OF OUR FAVORITE – AND FITTEST – STARS FOR INSPIRATION. FOLLOW THEIR LEAD AND YOU’LL HAPPILY SHED THAT COVER-UP THIS SUMMER!



BELLA HADID

Sporty Bella, 19, hits her home treadmill regularly and eschews model-favorite yoga for horseback riding: “Horses have the same effect [as yoga]. You have to put ego aside and concentrate.” Her top workout tip? “If you’re going to do it, go hard. Don’t bulls**t!”

LUPITA NYONGO

Her toned arms and abs were the envy of many when Lupita appeared as a fresh face on red carpets in 2013. Her secret: A balanced life. While she’s said she “requires” daily exercise, she’s noted, “I don’t like to work out at the gym. I do yoga, I meditate.”



KELLY ROHRBACH

A top recruit on Division I Georgetown’s golf team, the *Baywatch* babe, 26, is no stranger to hardcore fitness. And after moving to L.A., she grew to love running, hiking and walking the beach. “I love the active lifestyle,” she says. “Anything outdoors is fun for me.”



CINDY CRAWFORD

At 50, Cindy looks nearly as good as she did in her supermodel heyday. How? Consistency. “My workouts haven’t really changed in 20 years,” she says. “I work with a trainer two to three times a week – cardio, squats, lunges, free weights – and then throw in a hike or bike ride with my family.”



JESSICA ALBA

The Honest Co. founder attributes her athletic body to “the martial arts and strength training I did [for] *Dark Angel*.” Today, the 34-year-old says, “I have to break a sweat or I don’t feel I’ve done anything. If I have 30 minutes, I’ll do a series of burpees, mountain climbers, squat jumps, planks and sun salutations.” Whew!



GWYNETH PALTROW

A devotee of celebrity trainer Tracy Anderson, Gwyn follows the guru’s workouts – endless reps of band-based or low-weight exercises, followed by dance-based cardio – religiously, six days a week. “I work hard,” she’s said. “There’s no free ride.”



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