

Hottest BEACH BODIES



KOURTNEY KARDASHIAN

The reality star does dips on her bathtub and 100 squats each morning before her shower!

KENDALL JENNER

The model's workout is all about the core: planks, crunches and more planks.



HEIDI KLUM

The supermodel exercises two or three times a week, and never misses a trampoline date with her kids!



PRIYANKA CHOPRA

The *Baywatch* actress stays active on set practicing stunts!



LEA MICHELE

Pilates, hot yoga, hiking — the *Scream Queens* star never stops moving!



KELLY ROWLAND

The *Voice Australia* coach loves yoga and boxing, and for regular upkeep, she can't get enough of planks and tricep dips.

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THE SLIMFAST® PLAN — A SHORE THING!

Proof that you don't have to be famous to boast an inspiring beach bod: Danielle Sydnor, an ICU nurse, lost 25 pounds and 14 inches* — and has kept it off for more than a year — thanks to the clinically proven SlimFast Plan and its grab-and-go shakes and snacks, perfect for when she's working night shifts. "I'm looking forward to a happier, healthier lifestyle," she says. Start your weight-loss plan today!



LOST 25 LBS



*Danielle used the SlimFast® Plan for 26 weeks and was remunerated. Results not typical. Read label prior to use. Check with your doctor if nursing, pregnant, under 18 or following a doctor-prescribed diet.