



Beyoncé Work(s) It Out to stop the wobble

This year's Glastonbury will be remembered for two things, and both of them are Beyoncé's unbelievable, perfectly toned, wobble-free thighs. Twitter positively exploded with leg-related worship. Following her mesmerising performance, tweet after tweet ensured that #Beyoncé leapt to the top of the trending chart on the night that shall henceforth be known as Fierce

Thigh Sunday and we are now officially Crazy In Love with her sleek, slender pins, even if they do make us feel a tad inadequate.

But fear not, taut legs aren't just reserved for pop stars who Run The World. According to personal trainer to the stars Paul Connolly, any lady (single or not) can have thighs like Queen Bey. Follow our unique diet and exercise tips to get a pair of thighs that will be begging to be shown off in the tiniest pair of hot pants. Yay!

THE GET BEYONCÉ'S

The EXER-THIGHS

Trainer Paul says the secret to long, lean leg muscle is all down to "speed sculpting". "Lots of reps with minimum resistance will give you tone rather than bulk," he explains.

Three exercises can guarantee (Sasha) fierce legs, according to Paul. Do them every other day – the break in between is important as it will relax those hard-working muscles. Start with 10 reps per session and then increase the number as they get easier. And don't forget to warm up first – just a five-minute power walk will do – to get your blood pumping and muscles ready to work.

THE TRAVEL LUNGE

*From a standing position, step forward with your left leg.

*Drop your right knee down as far as you can – a few inches off the floor is ideal.

Hold for 10 seconds.

*Stand up by bringing your right foot in line with your left. Do

10 reps with the same

leg before starting on the other.

*To make it more intensive, drop your knee once, bring it back up again then drop it again within each lunge.

THE STRAIGHT-LEG DEADLIFT

*Holding two light dumbbells (or two tins of beans), stand up straight on a low step or the bottom step of your stairs with your toes hanging two inches over the edge of the step. This will challenge your balance and make your thighs work harder.

*Slowly bend over from the waist, keeping your legs straight and running the dumbbells down your thighs until you can't go any further.

*After holding for 10 seconds, slowly come back up following the same movement. Repeat for 10 or 20 reps, depending on what you can manage.

THE KNEE DROP

Get into that old favourite lunge position again, this time placing your hands against a wall in front of you.

Slowly push your back foot along the floor away from the wall, pushing your back knee down, and then raise it again. Do 10 reps before swapping legs. Repeat for as long as you can.

And this, ladies, should see your thighs slimming and toning in just four to six weeks.

The DIET

Beyoncé is known for her dedication to diets as well as workouts. Nutritionist Kim Pearson gives us in-thigh-der tips: "Cut back on 'toxic' foods, like white bread and trans fats such as burgers, which cause the body to store fat as cellulite. Look for quality sources of protein, healthy fats and low-glycaemic index carbs, such as wholemeal bread."

FATS While saturated and trans fats (found in red meat, dairy products and processed foods) contribute to weight gain and cellulite, essential fats can actually help you lose weight. Aim to eat oily fish such as tuna three times a week, and snack on unroasted nuts.

FIBRE Foods high in fibre bind with cellulite-causing toxins and eliminate them from the system. Good sources are fruit, vegetables and oats, so eat at least five pieces of fruit and veg a day. Drinking two litres of water daily will help flush waste from your system.

PROTEIN The big P provides the building blocks for skin collagen, ensuring taut skin, and builds muscle for defined limbs. Beans are packed with the stuff *and* are low in sat fat. Cook up cheap-as-kidney and borlotti beans with onions, tinned tomatoes and herbs to make a tasty casserole.

Photography: Alamy, Photolibary.com, Paul Connolly's website is Essextraining.com; Kim Pearson's website is Kim-pearson.co.uk. Consult your GP before starting a new diet plan

TOP CHEAT

W7's Tights In A Tin (£3.45, Faithcosmetics.co.uk) is like leg foundation. Goodbye flaws, hello phwoars.



The **DINNER SWAPS**

Treat yourself! These eat-out trades will help you on your way to tight, toned legs...

CHINESE Takeaways don't have to revolve around spring rolls and fried rice. Opt for king prawns or tofu for a tasty, protein-packed treat.

ITALIAN You can still enjoy pasta, just go for a tomato-based hot sauce, like arrabiatta. It's packed with fiery chilli, which helps boost your metabolism.

INDIAN Ditch your usual calorific korma and choose a dish like vegetable biryani with brown rice – you'll get at least two of your five-a-day.



THIGHS

We KNOWLES you heart BEY'S PINS. And now here's the diet and fitness tips to make 'em YOURS BY **JO USMAR**

plan

The **TREAT SWAPS**



MARS BAR FOR 70 PER CENT DARK CHOCOLATE

A 35g bar of Green & Blacks dark chocolate is far lower in sugar than your standard chocolate bar, meaning your body is less likely to store it as fat. Dark choc also contains antioxidants, which are essential for healthy-looking skin.

BISCUITS FOR BERRIES

Change your 11am biccie for a bowl of fresh berries. They're naturally rich in nutrients, but low in sugar, so they'll provide a sweet fix but won't cause your blood-sugar



levels to spike, meaning you'll feel satisfied for longer.

REGULAR TEA FOR GREEN TEA

It's full of those health-boosting antioxidants, and it increases the rate at which we burn cals. It may also help you lose weight by stopping the production of fat-absorbing enzymes. Aim to drink two cups a day.



POTATO FOR SWEET POTATO

Sweet potato is higher in fibre and has a lower glycaemic index than your standard white potato, meaning you'll feel fuller for longer.



Cut back on refined carbs to STOP cellulite in its tracks