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Kimberly Wyatt

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“Exercise has to work with MY LIFE”

Singer, dancer and DJ, Kimberly Wyatt, 32, talks to *H&F* about workout motivation, hot yoga and how being a Pussycat Doll helped hone her figure

WORDS: Sarah Ivory PHOTOGRAPHY: Neil Cooper STYLING: Kellie Daggett



What with being a judge on Sky1's *Got to Dance*, a Maxinutrition ambassador and a DJ, plus bringing out her own make-up range, the former Pussycat Doll is madly busy, but we managed to pin her down for a day to find out just how she does it all. If you've ever rocked out to Don't Cha, you'll be expecting Kimberly Wyatt to be fierce and feisty. After all, the Pussycat Dolls owned the room with their washboard abs and perfect pins. But we quickly discover Kimberly's lovely, laid back and quietly ambitious. And no fitness wallflower. She's an amazing dancer with a sensible attitude to her body. Behind her bubbly exterior is a well-balanced, hardworking business woman with a bucketful of get-up-and-go. Here's what she told us.



KIMBERLY'S DANCE WORKOUT

Hone a hot dancer body with these rhythmic moves from the superstar



BRIDGE WITH LEG EXTENSION

Works: Glutes and quads

1. Lie on your back with your knees bent.
2. Slowly lift your hips up into a bridge position, then slowly lift your right leg until you feel a stretch in your hamstring.
3. Hold for 10 seconds.
4. Rest, then switch legs.



BALLET LINE

Works: Core

1. From standing, bring your right foot towards your left knee.
2. Lift up onto your toes with arms outstretched.
3. Hold for 30 seconds and swap legs.



JAZZ PRESS RELEASE

Works: Abs

1. From standing, outstretch one leg with your weight on your toes.
2. Keeping your other leg straight, push your chest upwards and stretch your arms as shown.
3. Make each press release explosive.
4. Rest, then swap sides.



RUNNING JETÉ

Works: Glutes and quads

- This is an advanced move so work up to it slowly.
1. Push off the floor with your left foot. Extend your right leg straight out in front of you and your left leg straight out behind you. Try to do the splits in the air. Point your toes hard!
 2. Rest and repeat from the other side.



JAZZ BRIDGE

Works: Whole body

1. Lower yourself into a bridge position.
2. Move your weight onto your toes and lift your heels.
3. Lift one arm from the floor and push from your feet to release your body up into the air.
4. Land and stay in the bridge position.
5. Swap arms and repeat.



COMBAT KICKS

Works: Glutes, quads and abs

1. From standing, balance on your left leg with your right leg beside it.
2. Bend your right leg back, toes pointing towards your bottom.
3. Tilt your body to the left and extend your right leg upwards and outwards.
4. Bring your right leg back towards your bottom and do 3 x 12 reps.
5. Rest and swap legs.



FUNKY LINE

Works: Glutes, quads and abs

1. From standing, bring your right knee towards your chest while stretching your right arm behind you.
2. Tilt forward and release your leg into a lower position.
3. Repeat explosively for 3 x 12 reps.
4. Rest, then swap legs.

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