



LEG WORK

The ultimate guide to making
the very most of your legs
this summer. By Jenni Baden

BEARDED rockers ZZ Top had a hit song in celebration of them. We just wish that ours were longer, stronger, more toned and well-honed. It's summer, and legs are on show. Don't take cover - take time out to follow our plan devoted to getting your legs looking gorgeous and feeling great.

WORKING OUT
If you're worried about excess weight, take up some form of aerobic activity and do it for at least 20 minutes, three or four times a week. This will burn up body fat, while you can ▶

Height
1,80 / 5'11
Bust
94 / 38
Waist
76 / 31
Hips
94 / 38
Shoes
41 / 10
Hair
Black / Noir
Eyes
Brown / Burn
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