



It's a bootiful day, eh, Reese?

REESE WITHERSPOON SAYS:

"It's basically like jazzercise Zumba. You really do feel like you might be the best dancer in the whole world."

Twerk off!

JAMES CORDEN SAYS:

"It's the first exercise I've done that doesn't feel like a chore. I'll be doing jumping jacks and the minute I get bored and think, 'I don't want to do that any more,' you'll chuck in a body roll. When I'm out there, I'm like, 'If Bruno Mars could see me, he'd retire.'"

Shake it, don't break it, JC

#72 *The A-list*
BOOTY WORKOUT

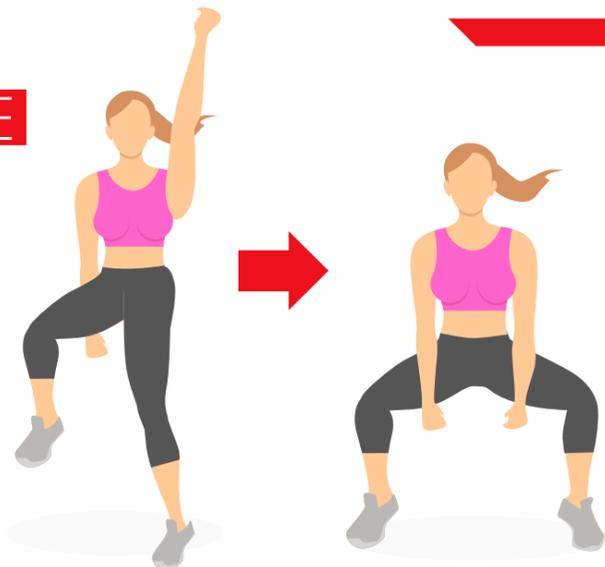
We don't think you're ready for this jelly

If you're dreaming of a bum as pert as *Love Island's* Georgia this summer, but finds squats about as boring as Dr Alex's pillow talk, you might want to give this high-energy, LA bum workout a try. Loved by celebs such as Reese Witherspoon and James Corden (who dragged his mate Adele along), Plyojam fuses hip-hop dance moves with plyometrics (basically any exercise that involves jumping) to create a cardio class where you'll sweat and smile. Co-founder Stacey Beaman told us, "PlyoJam is a sexy, fun and intense workout designed to shed massive calories. All routines are set to pop and

hip-hop tunes you know and love." And while you're working up a sweat and toning your bum, you'll also clock up to 7,000 steps per class. "Reese wore a FitBit to a session once and showed her teacher that she burned 834 calories," says Stacey. The good news is that you don't need to have moves like Beyoncé to take part, as the 30-minute and 60-minute workouts are for all abilities. And you don't even have to live in LA, as *Plyojam.com* offer online classes and tutorials to help you master the trickier steps. Sounds like your jam? Here are some of the moves that'll have you shaking your booty.

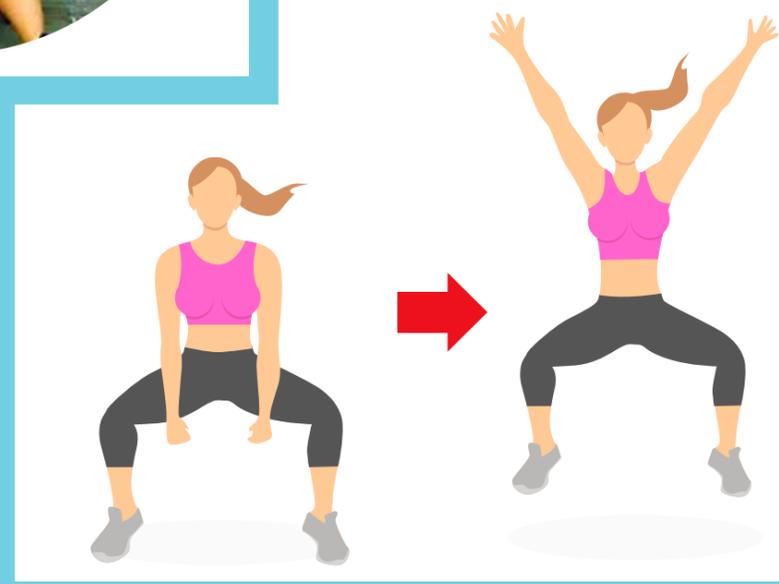
1 HIGH KNEE RAISE WITH HOP

With feet wide apart, bend into a squat. Push up, lifting one knee high, while you hop in the air and punch up with your opposite arm. Bounce back down to a squat and repeat on the other side in time to the music.



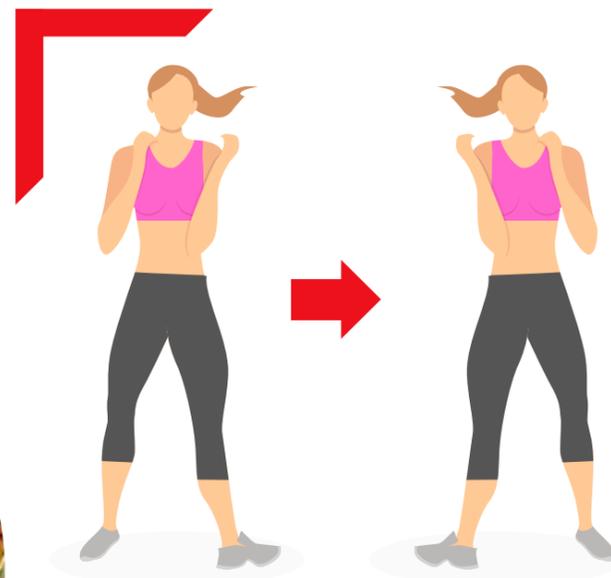
2 FROG JUMP

Start with feet wide apart in a squat position with arms down by your sides. Jump up off the ground, keeping your legs bent in the squat position. Reach your arms into the air, then land back in the squat position. Repeat.



3 HEEL TAPS

Bounce on your feet and take one leg forward landing with your heel up, alternating from side to side. Move your arms in a "windscreen wiping" action from the elbows.



4 TWERKING

Start with your legs hip-width apart, knees slightly bent, leaning forward with your arms out in front of you. On your toes, quickly jump up and down in a series of bounces, keeping your glutes engaged and knees soft.

