

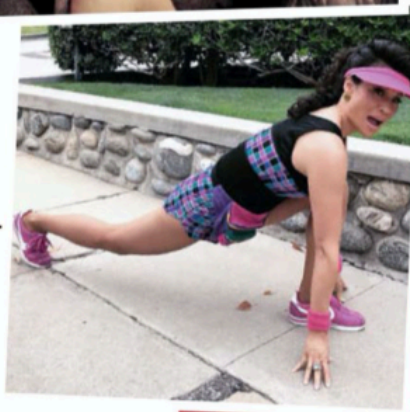
FIT IN 5

Lucy Liu, 51

1 The actress admits she's "obsessed" with SoulCycle. She regularly posts her visit to the studio on Instagram, and once bumped into acting legend Faye Dunaway while pedalling.



2 As well as her hardcore fitness regime, Lucy is careful about what sort of foods she eats. "I'll even pass on something if I don't think it's organic," she says.



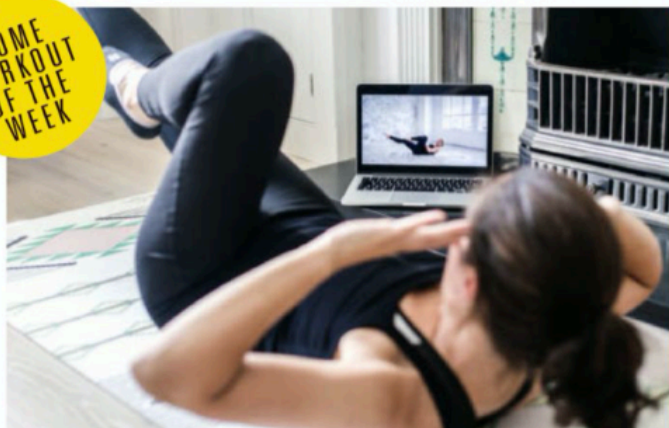
3 Not only is Lucy a fab actress, but she's also extremely flexible, and impressed James Corden on *The Late Late Show* when she did the splits during their interview.

4 The *Charlie's Angels* star makes no secret of her passion for Pilates and often shares her poses with her followers. "Pilates introduced me to muscles I never even knew I had," she says. "Soon I started to feel longer and leaner."

5 Despite having a very good diet, Lucy enjoys "veggie pizza or pasta" after a long day of shooting. "When you're standing all day, it's a workout, and sometimes you need to carb-load," she explains.



HOME
WORKOUT
OF THE
WEEK



PILATES PT METHOD

Get your fitness and flexibility on top form with highly experienced Pilates instructor Hollie Grant, who is currently live streaming her classes on Zoom. These sessions, which are 60 minutes long and cost £10, focus on cardio fitness, building strength and improving posture with a mix of mat Pilates and HIIT. The best thing is that no equipment

is needed. Hollie is also running classes for pregnant women in her The Bump Plan workouts. These are low impact and designed to prepare the body for labour and treat any unwanted aches that come with a growing pregnant body.

■ For more information, head to pilatespt.co.uk

WORDS Gemma McCartney PHOTOS Getty