

CELEBRITY FITNESS SECRETS

Find out Elle Macpherson, Claudia Schiffer and Gisele Bundchen's exercise tips



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Celebrity Fitness Secrets

Emily Blunt
When we caught up with Emily Blunt at the **BAFTAs** this year, we were dying to know how the gorgeous British actress keeps so trim. The answer? She has a personal trainer who is an ex-military man. If you can't afford to hire your very own SAS guy, try the next best thing: British Military Fitness. It's an outdoor workout designed to take you through a variety of exercises over an hour so that you get a full body workout. There are classes in parks all over the country and all the instructors are either serving or ex-armed forces. But don't fear! It's less about yelling at you boot-camp style and more about motivating you to get moving and ultimately, loose weight.

Check out www.britmilit.com for details about British Military Fitness

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