

Look Like a Victoria's Secret Model with These Celebrity Workouts



By [Melissa Lee](#)

The Victoria's Secret Angels are known for their absolutely *killer* bodies. We're in the dark days of summer, and if you're still working on that beach-ready bod, it may be helpful to try out some of the VS Angel's workouts. Although they haven't shared all their fitness secrets with the public, we might as well take advantage of the tips they have revealed – plus, you may be so confident that you'll even feel like an Angel yourself!

Check out these celebrity workouts guaranteed to tone your body!

1. Running: A basic one, but running actually has so many benefits. Running has been scientifically proven to help improve your health, prevent disease, lose weight, relieve stress, and boost your confidence. With all these perks, *why wouldn't* you want to start running?

2. Rock Climbing: This activity helps build muscle and endurance, in addition to building lower body strength and lean muscle mass. Plus, it's not your typical every day exercise, so it's a great way to get a good workout in while having some fun.

Related Link: [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

3. Planking: Planks are an amazing upper-body strength workout with a bunch of variations that tone different parts of your body. Along with toning your core, planks can also work your glutes and hamstrings, and improve both your balance and posture.

4. Hiking: Hiking is a powerful cardio workout complete with a great view! Some benefits of hiking include strengthening and toning muscles (similar to running), as well as improving endurance and stamina. Hiking can also tone your quadriceps, hamstrings, calves, glutes, abs, and hip muscles.

Related Link: [Fitness Secrets: Learn More About Your Body in a Metabolic Chamber](#)

5. Yoga: There are endless pros to yoga, both physical and mental. Yoga can increase your flexibility, muscle strength, respiration, and energy. Additionally, it can help maintain a balanced metabolism, along with improving athletic

performance.

What are some of your favorite workouts? Share your tips below.