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How to get Pippa's bum with Pilates

Try our 15-minute workout

Published: Today

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PIPPA MIDDLETON has revealed the secret to her perfectly-toned derriere.

She stole the day when she glided confidently down the aisle of Westminster Abbey at sister Kate's wedding to Prince William and now Pippa has said her beautiful body is down to Pilates, an exercise which seeks to increase strength, flexibility and body control.



Hot bot ... Pippa Middleton

The 27-year-old says her visits to a studio in Fulham, west London, are a "weekly necessity". Jennifer Aniston and British tennis player Elena Baltacha are Pilates fans too.

Here, celeb fitness trainer **NICKI WATERMAN** - whose clients have included Denise Van Outen and Kelly Brook - tells Sun Health how you can get a perfect bum like Pippa's with Pilates.

Nicki says: "When you try the exercises below you need to be patient.

"Work at your own level and focus on perfecting these basic moves. They are essential to creating a proper foundation.

"Some exercises mention a 'zip' technique. To do it, breathe out, draw up your pelvic floor muscles and gently hollow your lower ab muscles back towards your spine, like when you doing up the zip on tight jeans.

"Consult your doctor before starting a new exercise regime."

You can do this workout three or four times a week.

1. Relax position



Dressed to thrill ... Pippa and sister Kate at the Royal Wedding

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