

GRAZIA

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HURRAH FOR FOOT MASSAGE TRAINERS

The biggest fitness craze last year was the stomach and bottom-toning Masai Barefoot Trainer (MBT). Now, the new Chung Shi trainer goes one step further. Not only does it work muscles harder so you burn more calories, it gives you a foot massage at the same time, thanks to an airbag in the sole. It also stimulates circulation, which can help to reduce cellulite.

£125 at www.ljmsports.co.uk



£125





chunq shi

time to balance