

Cover star

## Cindy Landolt

## answers your questions...

**1) At what age did you start training?**

I joined a gym when I was 16, but started with proper weightlifting when I was 22 and never looked back!

**2) Favourite body part?**

Legs and abs to show, but I love training back, too!

**3) Favourite cheat meal?**

Cheese and red wine

**4) Heels or trainers?**

I wear trainers all day, everyday during the day and heels at night

**5) Beach holiday or city break?**

City break for action and fun, and beach time for recovery. I love places like Sydney or Miami Beach to combine both

**6) Meal out or Netflix and chill?**

Meal out at the weekend for a good steak, but after long days in the gym I prefer coming home, watching a Netflix documentary and chilling

**7) HIIT or LISS?**

Depends what I'm training for!

**8) Fake tan or real tan?**

Real tan, I love the sun

**9) Abs or glutes?**

Both :-)

**10) Favourite movie?**

The Beach HERS

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