

Kirsty Gallacher, 44, shows off her stunning toned body in bikini snap with Natalie Pinkham in Dubai

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Kirsty Gallacher, 44, showed off her stunning toned body in a bikini snap with Natalie Pinkham in Dubai.

The presenter, 44, looked incredible as she wore just a bikini in front of the Burj Al Arab hotel in a throwback photo.

Kirsty Gallacher posing in a bikini with Natalie Pinkham

Standing next to the equally stunning Natalie Pinkham, she donned a black bikini set, with a toned leg put forward.

However, the star reassured fans she hadn't joined the swathes of UK reality stars in Dubai - with a photo of a mop and bucket.

She captioned the post: "Dreaming about friends and holidays... swipe for reality. To be clear I'm very much at home and not in Dubai!"

Fellow TV presenter Natalie also joked in the comments, saying: "Close your eyes, play sea sounds on Alexa and we are back there baby! Happy cleaning gorgeous one".

Kirsty in a blue bikini by a pool

The star sunbathing when she was on holiday

In another post on her Instagram Story, Kirsty wore a blue bikini as she strode beside a pool.

She smiled with her hair tied back and sunglasses on as she played with a big green and blue ball.

The star captioned the pics: "Dreaming of sunny, happy days. How grateful we'll be when they return."

Kirsty is known for showing off her amazing workouts online.

Kirsty posing with her personal trainer Mel Deane

She recently admitted to throwing herself into training with personal trainer and retired rugby player Mel Deane during her divorce from Paul Sampson.

The pair - who share sons Oscar, 14, and Jude, 10 - split in 2015 following a 15 year relationship.

Kirsty said she was "traumatised" after the "complex" split and the training "saved" her.

Speaking on Decathlon's The Power Of Ten podcast with Graham Bell, Kirsty said: "To be honest, well, that's sort of when I came to meeting Mel and probably he saved me in many ways.

Kirsty and ex-husband Paul Sampson

"I was a skinny, anxious wreck, traumatised because of lots of reasons around the divorce."

She added: "It's much more complex than people know. There are things you keep private. And I think that Mel got to know me and what I'd been through and was amazing for me."

- The Sun