

Victoria's Secret model Kelly Gale showcases her sensational curves in a skimpy red bikini as she

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Victoria's Secret supermodel Kelly Gale is no stranger to courting attention while striding down the catwalk. But on Wednesday, the 25-year-old proved no runway was necessary for putting her sensational figure on display.

Victoria's Secret model Kelly Gale, 25, (pictured) showcased her sensational curves in a skimpy red bikini as she posed at an oceanside cafe in an Instagram photo on Wednesday

Taking to Instagram, Kelly stripped down to just a skimpy red swimsuit as she posed at an empty oceanside cafe.

The Swedish-Australian beauty looked positively radiant as she flaunted her toned mid-section in the bikini.

Kelly put her hands on her head as her rock hard abs looked impressively tensed.

Red hot! The Swedish-Australian beauty looked positively radiant as she flaunted her toned mid-section in the bikini. She appears to be filming a new campaign

Kelly revealed the secret to her ab workout was recording herself only to then watch footage back for training purposes.Â Â

'When I'm too lazy to train myself, I use my filmed vids to train...' she told her fans on Instagram.

Kelly, who boasts more than 1.4million followers on Instagram, often shares pictures of her athletic frame to inspire her fans.

Kelly told Grazia in 2018 that when it comes to her diet, she likes to keep it clean.

'I have a green juice in the morning â€“ a big one â€“ with kale, spinach, celery, cucumber, two lemons and lots of ginger,' she said.

'I'll do like a more intense workout in the morning and then for lunch I have lean proteins, like all the seafood I want and white fish, turkey and lots of veggies.'

Stretch it out! Kelly, who boasts more than 1.4million followers on Instagram, often shares pictures of her athletic frame to inspire her fans

She keeps active too, saying: 'I do a lot of walking, boxing, jump-rope and Pilates.

'I like to mix it up, so sometimes I train with my personal trainer, sometimes I take classes because I feel like my body

gets very used to it if I just do the same thing all the time.'

In the lead-up to a Victoria's Secret runway, she takes her exercise to another level by enlisting specialist celebrity trainers.

Washboard abs: Kelly told Grazia in 2018 that when it comes to her diet, she likes to keep it clean. She also stays active with 'a lot of walking, boxing, jump-rope and Pilates'

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