Amanda Holden shows off her rock hard abs in pink bikini as she relaxes by the pool

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Amanda Holden showed off her rock hard abs in a pink bikini as she relaxed by the pool.

The BGT judge, 51, is currently living her best life on holiday over in the US - and has been making fans very jealous with her pictures on Instagram.

Amanda Holden wowed in a pink bikini as she topped up her tan by the pool on holiday

Amanda is over in America on holiday with her family

Earlier this week she enjoyed a boozy dinner with Piers Morganâ€™s wife Celia Walden at trendy LA haunt Craigâ€™s and â€œcackledâ€• the night away.

Yesterday Amanda took some time to relax.

She completed a hike with her older daughter Alexa, 14, and then enjoyed a dip in the pool to cool down.

The TV star displayed her incredible figure as she lapped up the sun in a pink floral two piece bikini.

She posed up a storm by the swimming pool as she laid on her back with one of her legs bent and the other on the floor.

The telly favourite completed the look with an oversized sun hat, sunglasses and a glass of bubbly in hand.

Last night Amanda returned to our screens as a judge on eagerly awaited return of Britain's Got Talent.

After nearly two years away due to the coronavirus pandemic, BGT finally returned on Saturday - and Amanda soon stole the show just minutes in.

The mum-of-two left very little to the imagination as she wowed in a pink latex dress.

Amanda promised to keep her wardrobe racy for the fifteenth year of the ITV hit - despite the torrent of complaints they receive.

She revealed: "I am thinking more rubber. I enjoyed wearing latex in the audition, and I am thinking more latex in their lives. More latex, and more sweating."

Amanda's wardrobe defiance comes after she sparked hundreds of complaints after wearing a low-cut dress that fans claimed showed her nipples on the show in 2020.

Amanda returned to our screens on BGT last night

Amanda loves to showcase her incredible figure on Instagram

- The Sun