

《贝嫂拍贝克汉姆光膀子健身照获赞49万，贝克汉姆四块腹肌和大腿肌肉超抢镜！》

贝嫂(Victoria Beckham)简直太会了!这不，50岁的她给粉丝们送上了福利——一张大卫·贝克汉姆(David Beckham)赤着上身的健身照!

照片里的大卫只穿着短裤、运动鞋和袜子，他的手臂举过头顶，四块腹肌和大腿肌肉超抢镜!

这张照片在Instagram上短短11小时就获得了近49万的点赞，就连NFL大神汤姆·布拉迪(Tom Brady)都来围观点赞了。



01

Victoria Beckham, the 50-year-old former Spice Girl, has once again proven that she knows exactly what her fans want.

50岁的前辣妹组合成员维多利亚·贝克汉姆再次证明，她非常清楚粉丝想要什么。

During a morning workout session with her husband, soccer legend David Beckham, she captured a shirtless snapshot of him.

在与丈夫、足球传奇人物大卫·贝克汉姆进行晨练时，她抓拍了一张大卫的半裸照。



The 49-year-old David, who obviously enjoyed the candid moment, posted the picture to his Instagram account on Monday, November 25th. Alongside the photo, he wrote, "Good morning workout with my wife & her @victoriabeckham ."

49岁的大卫显然很享受这个不经意的瞬间，并于11月25日(周一)在自己的Instagram账户上发布了这张照片。他在照片旁写道：“和老婆一起晨练，还有她的相机@victoriabeckham。”

In the shot, David is seen wearing only shorts, sneakers, and socks as he works out on an at-home weight machine, with his arms reached above his head.

照片中，大卫只穿着短裤、运动鞋和袜子，正在家中的健身器械上锻炼，双臂举过头顶。



The father of four's abdominal and leg muscles are clearly visible and look incredibly toned in the fun photo.

在这张有趣的照片中，这位四个孩子的父亲腹部和腿部的肌肉线条清晰可见，身材十分健美。

The post quickly garnered attention from fans and earned more than 490,000 likes in just over 11 hours after it was shared.

这张照片一经发布，便迅速吸引了粉丝的关注，在发布后11个多小时内就获得了49万多个点赞。

Even NFL legend Tom Brady enjoyed the inside look at the the post. Brady, 47 — as well as Bill Belichick's ex-girlfriend Linda Holliday — was among the users who liked David's Nov. 25 Instagram post.

就连美国国家足球联盟的传奇人物汤姆·布拉迪也喜欢上了这条帖子的内容。47岁的布雷迪以及比尔·贝利奇克的前女友琳达·霍利迪都点赞了大卫 11 月 25 日在 Instagram 发布的帖子。

02

贝克汉姆和贝嫂1997年相识，两年后，于1999年结婚，结婚25年来，虽然也有过争执和不愉快，但是，这两人给大家的印象就是互黑互怼，日常撒糖根本停不下来。

就在今年8月，贝嫂调侃贝克汉姆的健身穿搭，结果又收获了一张贝克汉姆赤裸上身、挥汗如雨的健身照，贝克汉姆还贴心配文：“我的老婆不喜欢这件衣服。”



Victoria Beckham, renowned fashion designer and former Spice Girl, seems to always have an eye for fashion — or perhaps she just enjoys seeing her husband, soccer legend David Beckham, shirtless!

著名的时尚设计师、前“辣妹组合”成员维多利亚·贝克汉姆似乎总是对时尚有着独到的眼光——或者，也许她只是喜欢看到自己的丈夫、足球传奇人物大卫·贝克汉姆光着膀子！

On Saturday, August 24th, the 49-year-old soccer icon posted a photo of himself lifting weights on Instagram.

8月24日周六，这位49岁的足球偶像在Instagram上发布了一张自己举重的照片。

In the snapshot, David is seen shirtless, wearing a pair of light blue shorts with a bright orange top tucked into his waistband.

在这张照片中，大卫光着膀子，穿着一条浅蓝色短裤，腰间塞着一件亮橙色的上衣。



The retired athlete, who also sported bright orange sneakers and black socks, explained in the caption that his 50-year-old fashion designer wife had deemed his outfit a fashion faux pas.

这位退役运动员脚上还穿着亮橙色的运动鞋和黑袜子，并在配文解释称，他50岁的时尚设计师妻子认为他的这身装扮是时尚界的败笔。

"My wife said my orange vest was [too] bright so I took it off _____," he wrote. "Judging my workout clothes @victoriabeckham you know u love it really _____."

“我老婆说我橙色背心[太]亮了，所以我把它脱了 _____，”他写道，“@victoriabeckham 评判我的运动装，你其实很喜欢吧 _____。”





David also included a note for his trainer, Bobby Rich, apologizing for not being in his best form. "Really sorry @mrbbobryrich not my best form this was the 6th set," he wrote.

大卫还给他的教练鲍比·里奇留了言，为自己状态不佳而道歉。“真的很抱歉@mrbbobryrich，这不是我的最佳状态，这是第六组，”他写道。

Victoria continued the workout fashion joke in the comments section. She wrote, "Matchy-matchy Chic! ."

维多利亚在评论区继续调侃起了运动时尚。她写道：“搭配得刚刚好 真时髦！。”





而在去年大火的《贝克汉姆》纪录片中，贝克汉姆又皮了一把，直接给贝嫂来了个“现场拆台”，这波甜中带“梗”的操作，让人看得欲罢不能。

Victoria Beckham, the 50-year-old former Spice Girl, opened up about how she and David come from families that were "very working class".

50岁的前辣妹组合成员维多利亚在片中谈到，她和大卫都来自“工人阶级”的家庭。

Just as she was wrapping up her thoughts, her husband David took matters into his own hands. Poking his head into the room, he laughed and said, "Be honest."

就在她快要结束发言时，她的丈夫大卫插手了。他把头探进房间，笑着说道：“说实话哦。”



Victoria quickly responded, "I am being honest."

维多利亚迅速回应：“我说的就是实话。”

However, David, seemingly unconvinced, then asked his wife, "What car did your dad drive you to school in?"

然而，大卫似乎不太相信，他进一步问妻子：“你爸爸当年开什么车送你去上学？”



After a brief exchange about the details of the vehicle, Victoria eventually caved in. "OK, in the '80s, my dad had a Rolls Royce," she admitted.

在简短地交流了一些关于车辆的具体细节后，维多利亚最终妥协了。“好吧，80年代的时候，我爸开的是劳斯莱斯，”她承认道。

David, with a grin on his face, responded, "Thank you," before slipping out of the room. 大卫满脸笑意地回应：“谢谢，”然后便溜出了房间。



《贝克汉姆》纪录片播出后，这个片段在网上爆火，贝嫂趁机上了一件印有“我的爸爸有一辆劳斯莱斯”的T恤，只卖150美元，真的是太有商业头脑了。

重点词汇：

abdominal 腹部的，腹肌

faux pas (社交上的)失礼，错误

poke 捅，戳，探出

cave in 屈服，让步，突然停止争辩

workout 锻炼

slip out of 悄悄溜出

