

Changing your physique is hard. Changing your physique with the whole world watching is harder. In this M&F HERS exclusive, Kim K tells us how she's getting the job done one workout at a time

Working Out With a

KARDA SHIAN

BY JON FINKEL | PHOTOS BY IAN SPANIER
LOCATION: GUNNAR PETERSON'S GYM, BEVERLY HILLS, CA



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Check out our behind-the-scenes video
and photos of Kim's training shoot

Blockbuster cards rarely double as gym memberships, but when Kim Kardashian was a teenager, that's exactly what she used hers for. "My sisters and I used to rent workout DVDs all the time when we were in high school," she says. "It was fun getting a new video, kind of like an event."

Twelve years later Kardashian is still a presence at the video store, but rather than showing up as a customer, she's taking up space on the shelf. Look in the "comedy" section and you'll find her as the star of 2008's *Disaster Movie*. Head over to the "television" aisle and there she is again, starring in the Season 1 DVD set of her hit reality show *Keeping Up With the Kardashians*. And over in the "exercise" section you'll find Kardashian in a series of her very own workout DVDs called *Fit in Your Jeans by Friday*.

It was preparing for this last venture that put her on the path to becoming a MUSCLE & FITNESS HERS cover model. "When I got the offer to do *Dancing With the Stars*, I thought I'd finally get into great shape," she says. "I had heard all these stories about how good of a workout the dancing is, but I didn't stay on the show long enough to get the effects. Afterward, I wanted to get in shape and I wanted a goal. Doing the DVDs was the motivation I needed."

No Easy Way Out

Of course, with one of the greatest athletes of all time as her stepfather, Kardashian was no stranger to exercise. "Bruce [Jenner] worked out for 12 years straight training for the Olympics," she says. "Growing up, we'd have these family fitness days. We'd go run the track at Pepperdine University or go on 10-mile bike rides through Malibu. I definitely learned a lot about fitness being around him."

But even Jenner, 1976 U.S. Olympic gold medalist in the decathlon, couldn't train his stepdaughter how to survive as a voluptuous woman in a waiflike-woman town like Los Angeles. "I'm curvy and shapely, and when I see magazine cover models who are flawless and have perfect bodies, I think to myself, *What planet are they from? Where did they get these crazy genes?*"

Kardashian says this last sentence with a tone of frustration, the same one many women use when discussing this very topic. It's the inflection that proves what people have been saying for a long time: The female physique being pushed by Hollywood and the fashion industry is woefully unrealistic. That's why, despite being pictured on the covers of dozens of magazines as a sex symbol, celebrity and pitch woman, getting on the cover of M&F HERS as a fitness model really means something to Kardashian.

"I want to represent a girl who's working hard to get in shape," she says. "It's a process. People want the easy way out and the easy fix, but there isn't one." Which is why Kardashian knew she had to start with small goals; when you can barely get through half of a hike in the Santa Monica Mountains, the idea of completing an entire trek can feel overwhelming, if not downright impossible. So she started small. Not on a mountain, but on a treadmill.

"I used to go to the gym with my brother, and I'd just walk on the tread-

mill," she says. "I'd watch him start running and wish I could do that. My original goal was to be able to run fast on a treadmill for a long time." Seems simple enough, but for someone who used to lie about working out to her boyfriend, it was a big step.

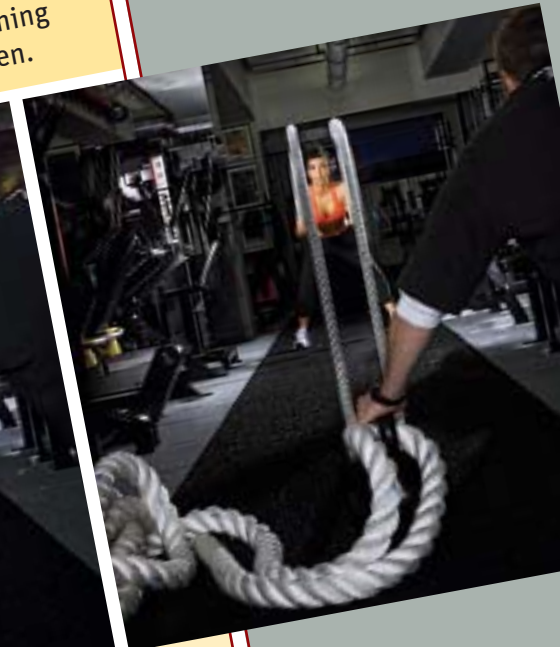
"My boyfriend always wanted to work out with me, but I never wanted to," Kardashian explains. "He'd get up early for work and leave workouts for me on the nightstand, but I wouldn't do them. He'd call to see how I was doing, and I'd tell him I was at the gym when I was really in bed."

She laughs at the memory and recalls her tipping point. About a year ago, her boyfriend called one morning to see how

FASHION DIRECTOR: CINDY WHITEHEAD; MAKEUP: MARY PHILLIPS; HAIR: CLYDE HAYGOOD FOR TRESEME AT MARGARET WALDON/DOLOM; APPAREL TOP BY DOCE VIDA FITNESS WEAR; PANTS BY LULULEMON; SHOES BY REEBOK

THE KK TRAINING DAY

Due to Kim's demanding schedule, she trains when she can, so she doesn't have a set bodypart split. She may work out twice a week or she may train six times in six days. Depending on how often she gets to the gym in a given week, she may do a workout of half weights and half cardio. But she tries to get in some total-body work at every training session. Here's an example of her innovative but grueling regimen.



Beatdown | 3-4x15-25

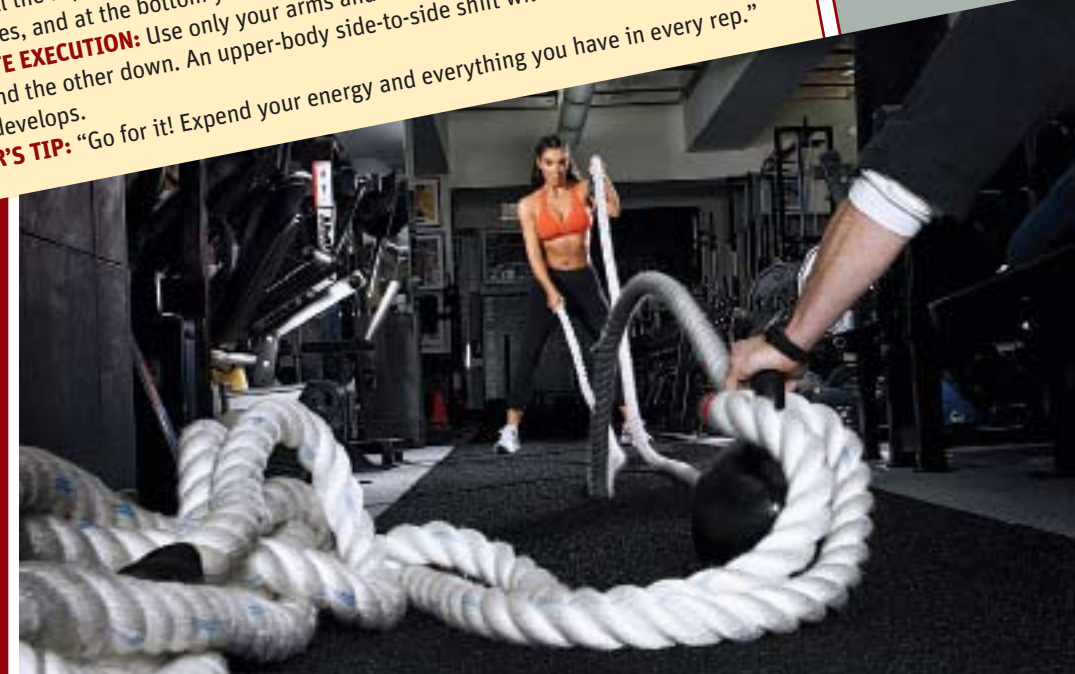
START: Take a wide stance, bend your knees and lean forward at the waist, grasping a length of thick rope in each hand in front of you just below waist level, palms facing each other.

EXECUTION: Drive up with your entire body to pull the rope directly overhead as fast as you can. When your arms are fully extended overhead, immediately reverse direction and quickly pull the rope down between your legs. At the top of the movement you should be on your toes, and at the bottom you should be in a half-squat or deadlift position.

ALTERNATE EXECUTION: Use only your arms and shoulders to move the rope, alternating one up and the other down. An upper-body side-to-side shift will take place as a natural rhythm develops.

GUNNAR'S TIP: "Go for it! Expend your energy and everything you have in every rep."

"I want to represent a girl who's working hard to get in shape. People want the easy way out and the easy fix, but there isn't one"



her workout was going. From the comfort of her bed she said it was fantastic. Then he told her he had gotten off work early and would meet her at the gym so they could finish her routine together.

"I jumped out of bed, threw on my workout clothes and raced to the gym," she says. "I hopped on the treadmill just before my boyfriend got there, and I convinced him that I was at the end of my workout."

Expecting More

That was the morning Kardashian had her breakthrough: It was time she stopped pretending to exercise and

actually did it. Soon after she teamed up with Beverly Hills-based trainer Gunnar Peterson and got to work.

"I thought I was on the right path, but once I started really embracing a fit lifestyle I felt so good," she says. "Now I can hike through all of Runyon Canyon and it's nothing to me. I feel so confident. I was doing so many photo shoots and wasn't comfortable in my own skin. Now I am."

"Part of the Kim Kardashian total package is how she looks," Peterson says. "How she moves, how she flows, it's all part of her franchise. When she came to me and wanted to work out, I thought it was cool because she was coming in for all the right reasons." Her reasons were those all women can identify with: She wanted to look better, feel better and have more energy to keep up with her

busy workload.

"She has a very demanding schedule, and she wants to be able to do everything she needs to do," Peterson says. "I understand that. She's an achiever, which I love."

Fitness achievements, however, don't come easy. And for Kardashian it's still just the beginning. She admits that leg workouts are really tough on her, hamstring curls in particular. And the mental aspect of pushing through physical hurdles is something she's still getting used to.

"When I was working out on my own I'd lift really light weight because I thought I couldn't handle heavier ones," she says. "Gunnar started my workouts with weights I never thought I could do, but it turned out that

Kettlebell/ BOSU Ball Crossover Lunge

2-4x6-10 (each leg)

START: Stand erect with your feet slightly wider than shoulder width and your toes turned out 45 degrees, with a BOSU ball in front of and to the left of your left foot. Grasp a kettlebell in your right hand. Keep your back flat.

EXECUTION: Push your right foot back into a lunge, and simultaneously bend your hips and knees to lightly touch the kettlebell to the BOSU just outside your left foot. Push through your left leg, not the kettlebell, to return to the start. Repeat for reps, then switch sides.

GUNNAR'S TIP: "Reach with the kettlebell as you step, not after you step."

The Sled | sets/reps vary

START: This is your standard "push till you drop" exercise. Taking an even, firm grip on the handles, lean forward so your upper body is nearly parallel to the floor. Stagger your feet, keeping your back knee only slightly bent and your front foot directly below your hip with a 90-degree bend in your knee.

EXECUTION: With your back flat, push with both legs and drive hard, continually stepping forward to maintain a smooth push. Stopping is the enemy, so keep that sled moving until the very end.

GUNNAR'S TIP: "I like to switch up the grip on these, using a high grip going one direction and a low grip on the way back."



Lateral Lunge/ Medicine-Ball Woodchop

4x8,10,12,15 (each leg)

START: Stand erect holding a medicine ball with both hands at waist level, feet hip-width apart.

EXECUTION: Bring the ball up by your right ear and take a large step out to your left side, bending your knees to descend toward the floor. Simultaneously chop the ball in a downward arc to the outside of your left foot. Press through your left leg to return to standing as you bring in your left foot to meet your right. Repeat for reps, then switch sides.

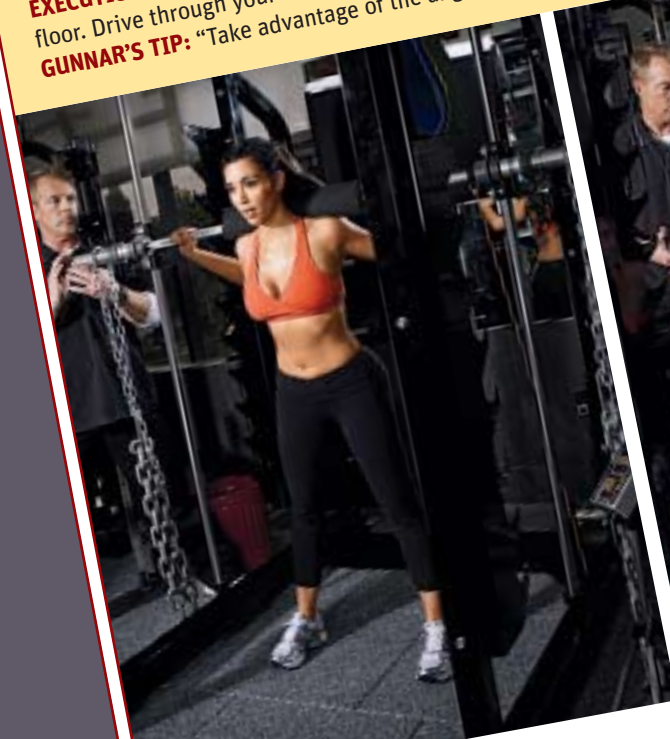
GUNNAR'S TIP: "Accelerate on the way down and absorb the weight, speed and power in your working leg. Then rise and blast down again."

Smith Machine Chain Squat | 3-4x8-10 or 10-20

START: Attach chains to each end of the bar. Stand erect in the Smith machine with your feet shoulder-width apart, holding the bar across your upper back with both hands.

EXECUTION: Keeping your core tight, bend your knees and hips as if to sit in a chair until your thighs are parallel to the floor. Drive through your heels and press your hips forward to return to the start position.

GUNNAR'S TIP: "Take advantage of the angle and cheat your feet forward a little to get maximum glute activation."



TOOLS OF THE TRADE
Chains, ropes and kettlebells are just a few of the tools Gunnar Peterson uses to train his roster of A-list clients

Standing Core Ball Rotation



I could. I now expect more from myself every workout. I don't even look at weight; I just know that I can do it."

Then there's the nutrition angle. If exercise is the yin of a great physique, dieting is the yang. "I told Kim that planning her meals should be like planning the clothes she's going to wear," Peterson says. "If you're going to wear a certain outfit for a certain event, you have to make sure it's ready on that day. It's the same with your diet. If you know you're going to be on the go, you need to plan accordingly."

Although Kardashian says she doesn't dream of fast-food burgers or pizza, she does have one temptation: cookies 'n cream ice cream. "Cookies 'n cream ice cream is my heaven," she says wistfully.

Enter another unforeseen aspect to training that she wasn't prepared for: some call it guilt; some call it exerciser's remorse. It happens to all of us. You're working out, eating right and staying healthy — until you decide to cheat. Suddenly, you feel like you threw all of your gains away in one sitting. This guilt, as Kardashian found out, seems to grow in direct proportion to how long you've been exercising.

"It's amazing," she says. "The more I work out, the guiltier I feel when I cheat, so I cheat less and less. Now I try to eat fish and vegetables for most of my meals."

Less cheating and more training: These are two pillars on which Kardashian has built her new lifestyle. Consistency, however, is the one overriding principle. Consistency in diet. Consistency in exercise. Consistency in life.

"Like most women, the biggest problem I had was sticking with it," she says of her routine. "I realized that you can start with as little as 15 minutes a day. You can do something at home or in your room. You just need that willpower. I'm extremely busy, and I find time to exercise five times a week. I hope I can motivate busy moms, students and professionals to get out and do it. Making fitness a way of life is necessary. I urge everyone to try it." **hers**

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Chain Lateral Raise | 3-4x8-15

START: Stand erect and grasp the ends of two chains with your hands together at waist level. Keep your elbows slightly bent.

EXECUTION: Raise the chains out to your sides in an arc, focusing on bringing your elbows and hands to shoulder level. Lower back to center.

GUNNAR'S TIP: "Do a few reps in which you lift slowly, then cheat the last 3-6 and make some noise!"

Standing Rope Pull 3-4x30-second bouts

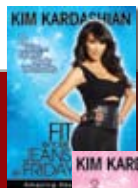
START: Stand erect facing a pulley machine, using a staggered stance with both knees bent.

Grasp the rope with one hand at head level and the other at chest level.

EXECUTION: Pull the rope toward you using a hand-over-hand motion, driving your elbows back.

ALTERNATE EXECUTION: Use a feet-parallel stance with your shoulders square to the pulley. This will require more core stabilization and arm work.

GUNNAR'S TIP: "Throw your shoulders at the rope as your reach for and grasp it, and roll your body as you pull."



Proud of the changes exercise has made to her body, Kardashian released Fit in Your Jeans by Friday, a series of exercise DVDs. Available at amazon.com or fitinyourjeansbyfriday.com