

FOR WOMEN!

THE SCIENTIFIC APPROACH
TO HEALTH AND FITNESS

FITNESS Rx

YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

National Bestseller

SKINNY BITCH!

IS IT HIP TO BE A VEGAN?

IS SKINNY HEALTHY?

HOLLYWOOD'S SHOCKING DIRTY DIET SECRETS

- CIGARETTES
- COCAINE
- CLENBUTEROL
- LAXATIVES
- DIURETICS
- ADDERALL
- GROWTH HORMONE

WHY SHE'S NO "SKINNY BITCH"

HOW KIM KARDASHIAN TRAINS TO KEEP HER

CURVES!

ORGASM

THE SCIENCE BEHIND IT ALL

THE LATEST BREAKTHROUGHS

THE ULTIMATE BUTT WORKOUT

June 2008



FRXW: WHERE DO YOU USUALLY WORK OUT?

KIM: We work out here [at the Jenner house] a lot and at Kathy's place...wherever we can. We even work out at the store [Dash]!

FRXW: NOW I'M TRYING TO PICTURE THAT! TELL ME HOW YOU WORK OUT AT THE STORE.

KIM: We have a chair and a couch. I stand on the back of the chair and do leg lifts, and squats in front of the big mirror. We just use the props that are in the store.

FRXW: WHICH MEANS YOU CAN WORK OUT ANYWHERE.

KIM: Yes, anywhere. There are no excuses. I was in Hong Kong with my mom and didn't know how to ask where the gym was, so I did my entire workout in my hotel room.

KATHY: And now we have video clips of each body part workout, as well as the DVD and Kim's Kards available at her website. You can download the clips to your video iPod or your computer and do the whole workout or any specific body part anywhere.

FRXW: HOW DO YOU USE THE KARDS?

KIM: The Kards are my favorite thing. I love to do squats; they really help me. I squat down and drop the card on the floor until all the cards are on the floor. Then I continue to squat and pick them all up.

KATHY: And when all the cards are done, you're done.

For more information on Kim's workout, to purchase the entire workout DVD and an autographed set of Kim's Kards and/or to download the individual body part workout video clips, go to: www.officialkimkardashian.com. For more information on Kathy Kaehler, go to: www.kathykaehlerfitness.com.

KATHY'S NUTRITION TIPS:

- Eat six-plus meals a day and keep them small meals that are balanced with protein and carbs. Fiber must be up throughout the day. Fresh fruits and veggies—raw if possible. Lots of water and very limited sugar, salt and alcohol.

KIM AND KATHY'S FAVORITE HEALTH, BEAUTY AND FITNESS THINGS

1. Propel fitness water
2. Azur Sunscreen
3. Kim's Kards
4. X2vest—a weighted exercise vest that can be worn during every form of exercise including yoga
5. Equalizer Bars—piece of exercise equipment that helps you work out both your upper and lower body utilizing your own bodyweight

FRXW: KIM, DOES IT BOTHER YOU TO BE CONSTANTLY HOUNDED BY PAPAZZI?

KIM: Well, when they shot those photos of my boyfriend [Reggie Bush] and I at the pool, I was so afraid what my butt was going to look like. I had no idea there were paparazzi following me in the Dominican Republic!

KATHY: I thought you looked pretty good!

KIM: Well, after I saw the shots, I was pleasantly surprised. Even though I'm getting more and more confident with my body, I'm still shy about walking around in a bikini, even in front of my family.

FRXW: A LOT OF OUR READERS WOULDN'T BE SHY IF THEY HAD YOUR BODY!

KATHY: But it really is about you being the best you can and getting your body the best it can be, whatever shape that is.

FRXW: IF KIM IS ANY INDICATION, THEN KATHY, YOU HAVE DONE A FINE JOB!



Kathy:
Puma light blue long sleeve hoodie
Puma grey stretch capris

Kim:
Puma red track jacket
Black Puma sneakers
American Apparel shiny spandex leggings

THE "KEEPING UP WITH KIM KARDASHIAN" WORKOUT

To suit Kim's busy schedule and make sure she gets in her workout no matter what, Kathy has created a very clever way to keep Kim on the fitness track and her curves where they belong. Although the time and place change depending on Kim's schedule, her three-days-a-week plan basically looks like this:

Day One

March in place to warm up for 1 minute
Forward and back lunges. Right leg 10 times; left leg 10 times
Biceps curls; 2 sets of 12 with resistance band
Card squats; 20 cards
Triceps dips on chair; 2 sets of 10
Side lunges with cards; 10 on each side
Forward leg kicks; 10 on each side (alternating)
Plank; 10-60 seconds
Lie on your back; stretching. Knees into chest; one knee into chest and roll forward and back.

Day Two

Side-to-side step and touch arms out to warm up for 1 minute
Overhead press and squat combo; 2 sets of 10
Forward card lunges; 10 on each leg
Load and explode; 8 times and repeat
Shoulder lateral raises with weights; 2 sets of 10
Side plank; 5-second holds, 5 times
Side leg lifts; 30 on each side
Elbow to knee touch; 15 on each side with 15-second holds
Bicycle abs; 3 sets of 20
Stretch; same as day one first and then sitting with legs out in a V-sit and stretch to the sides and hold.

Day Three

March in place 1 minute; jumping jacks 20 times; march in place 1 minute; repeat jumping jacks
Standing leg extensions with leg weight; 20 on each leg and repeat
Stationary lunges with weights; 12 on each leg
Airplane; hold 30 seconds on each leg
Arm/leg extensions; 30 seconds on each leg and repeat
Push-ups; 3 sets of 12
Full body plank; hold 5-30 seconds
Side plank leg lifts; 8 on each side
Stretching on belly quad stretch; on back, perform hamstring stretch
Standing hip stretch; finish with deep breathing— eyes closed





TRICEPS DIPS



RESISTANCE

EXTENSIONS WITH BAND



BRIDGE





“KARD” LUNGES



AIRPLANE

BICYCLE

PLANK

BOOTY UP

