

A full-body photograph of Kim Kardashian standing against a black background. She is wearing a vibrant purple long-sleeved crop top with a deep V-neckline and a matching orange high-waisted pencil skirt. A wide, gold-toned metallic belt with tassels cinches her waist. She is also wearing gold-toned high-heeled sandals. Her long, dark hair is styled in loose waves, and she has a confident expression.

HOW
Kim
Kardashian
HONES HER CURVES

She's famous for her voluptuous body, so follow Kim – and her trainer's – tips to get her sexy figure and body confidence

When we spoke to Kim at the launch of her new Kim Kardashian fragrance, we were impressed by her refreshing attitude to her body.

The reality TV star is a huge name in Hollywood, where waif-like women are all the rage, yet she embraces her curves and doesn't listen to negative press about them. Instead, she admits to loving her butt and accepts she has curves and that's never going to change!

That doesn't stop her from working out though. She aims to train with A-list trainer Gunnar Peterson four times a week – the same personal trainer who's trained the likes of J-Lo and Angelina Jolie. They focus on strength moves mixed with cardio intervals. The actress admits she's even more focused now, after getting engaged to NBA star Kris Humphries, but has to watch what she eats.

Here are Kim and Peterson's top tips to pin-up curves and body confidence – no crazy diets included!



Kim says...

Accept who you are

'Being insecure is a choice. I remember feeling insecure at a young age because I developed earlier than the other girls at school. As I got older, I learnt to embrace my curves and accept myself. I focus on staying positive and accepting myself the way I am. Your imperfections are what make you beautiful.'

Have a back-up plan

'I love to keep my workouts consistent, but it can be hard with all the travelling. When I can't make it to the gym, I'll do lunges and abdominal exercises in my hotel room, and when I can't be bothered, I just think Beyoncé, Beyoncé, Beyoncé! I think her curves are beautiful! I'll also dig out my iPod. I have a fantastic playlist, which motivates me and gives me the energy to push right through to the end.'

Forget size zero

'I've never aspired to be a size zero – dress sizes are just a number. I love the curvy look, and especially love my butt. I do squats and lunges to accentuate this.'

Don't be scared of weights

'I love weight lifting, particularly lower-body exercises. I know it's important to lift weights for muscle tone, but I'm also aware cardio's important for my body type, so I keep a balance of the two. I notice such a difference in my mind and body when I work out. When you look good, you feel good and vice versa.'

Don't be too strict

'I love salads with chicken, salmon and turkey burgers – without the bun. But I do treat myself. If I stuck to this diet all the time, I'd go mad. Life is short and being active is a way of life. I deserve a treat every now and then.'

'I love the curvy look, and especially love my butt. I do squats and lunges to accentuate this'



Her PT

Gunnar Peterson says...

Save time in the gym

'Kim is one of the more grounded celebs I work with,' says her personal trainer Gunnar Peterson. 'She works out early in the mornings because she always has somewhere to be afterwards and works as hard as anybody I have in the gym. We do a 50-minute workout, with no dilly-dallying, two to four times a week, depending on her schedule.'

Build lean muscle

'To give Kim an effective workout, I usually put four to eight multi-joint, big body movements into a circuit and we'll do these back-to-back without rest around two to four times through. After this, we'll do another circuit depending on time, with another three to five moves back to back. I don't tend to do cardio using machines because the interval cardio movements via our circuits are more than enough to elevate her heart rate and give her a good cardio effect that burns fat while building lean muscle tissue.'

ABOUT KIM

▶ Kim Kardashian is an American socialite who gained fame through her reality TV series *Keeping Up with the Kardashians*, which stars her sisters Khloe, Kourtney and her mum Kris. It'll be soon launching its sixth series on E! TV channel.

▶ Kim is an astute business woman. As well as her own TV show, she has a perfume range and has just launched shoedazzle.com, an

online shoe-buying club. She won the 2011 'Entrepreneur Of The Year' category at The Glamour Women Of The Year Awards.



Kim has her own perfume range

▶ Kim competed in *Dancing With The Stars* – the US version of *Strictly Come Dancing* – in 2008 and was voted off five weeks into the show after a disappointing rumba with partner Mark Ballas.

▶ Kim got engaged to NBA player Kris Humphries in May after Humphries wrote 'Will you marry me?' in red rose petals at her Beverly Hills home.

Kim's the face of Skechers shoes

▶ Kim starred in the movies *How I met Your Mother*, *Deep In The Valley* and *Disaster Movie*. You may have also spotted her in TV show cameos in *90210* and *CSI: NY*.

▶ Kim is the face of Skechers shoes and Shape Up Skechers trainers; uk.skechers.com.



Eat and sleep well

'I recommend Kim stays away from carbohydrates such as potatoes, pasta and bananas in the evenings and gets plenty of sleep,' says Peterson. 'Getting your body into a relaxed state teaches it to trust you and let go of the stress hormone cortisol so you can start to shed fat.'

Work with what you have

'The thing I love about Kim is she's very aware of her curves and realistic with her goals,' Peterson says. 'She works with her body type! There's no point in her trying to get wafer thin – that would be unrealistic, so instead we make sure the curves stay in the right places and are nice and tight.'

Be consistent

'Kim works out regularly and she works so hard when she's in the gym,' says Peterson. 'She also listens to her body and pushes that little bit harder when she needs to, but pulls back if she isn't feeling 100 per cent – it's vital to listen to your body to avoid injury and overtraining.'

'When I can't make it to the gym, I'll do lunges and abdominal exercises in my hotel room'



Kim heads out for a run



For more of Kim's fat-burning moves, visit healthandfitness/kimkardashian

1. LUNGE WITH LATERAL RAISE

'Kim has a butt – anyone with a butt should do shoulder work, to balance things out,' says Peterson.

Reps: 20 Sets: 3

Works: Shoulders, abs, legs, gluteals

- ▶ Stand with your feet hip-width apart and a weight in each hand at your sides (a).
- ▶ As you step back into a reverse lunge, raise the weights out to your sides at shoulder height (b). Lower the weights as you return to the starting position and repeat on the opposite leg.



2. WALKING WOODCHOPS

'Woodchops help Kim work on her core and lower-body tone,' says Peterson.

Reps: 20 (10 each side) Sets: 3

Works: Arms, gluteals, core, legs

- ▶ Stand with your feet hip-width apart and hold a medicine ball next to your right ear with your elbows bent (a).
- ▶ Step out to the left and lower into a lunge as you straighten your arms out and arc the ball around so it's outside your left ankle (b).
- ▶ Bring your arms back up to the starting position as you step your right foot to meet the left (c).
- ▶ Do two woodchops to the left, then switch and do two to the right. Continue switching sides until you've done 20 reps.



3. GRAPPLE TWIST WITH LUNGE

'I work abs moves into Kim's main workout so she's not too tired for them later,' says Peterson.

Reps: 20 (10 each side) Sets: 3

Works: Arms, gluteals, core, legs

- ▶ Wedge a barbell bar into the corner of the

room and hold the end of the bar with both hands.

- ▶ Rotate your upper body to the right and lower yourself into a lunge, bringing the barbell down towards your knee (a).
- ▶ Swing the bar back up as you stand (b). Repeat on the other side.

