

**STOP BELLY BLOAT FAST**  
3 EVERYDAY FOODS TO SKIP

**EAT MORE, EXERCISE LESS**  
NEW CELLULITE FIXES

# SHAPE

SHAPE  
YOUR  
LIFE

USE  
THIS TOOL  
BURN  
**600**  
CALORIES  
IN 30 MINS.

**YOUR BEST  
BODY EVER!**

**REVEALED!**  
**KIM  
KARDASHIAN**

**SLIMMER  
BY NEXT  
WEEK**

**"I'LL NEVER  
BE ONE OF THOSE  
SKINNY GIRLS,  
SO WHAT?"**  
PLUS THE 7 MOVES  
THAT HELPED HER GET  
THESE CURVES p. 78

**TRY THIS  
PLAN, SEE  
RESULTS  
IN JUST  
5 DAYS**

**A FIRM BELLY  
IN 30 DAYS**

**FLAT ABS  
THE TRUTH!**

**WHY ENDLESS  
CRUNCHES  
DON'T WORK  
AND WHY  
THIS DOES**  
p. 159

**"HELP!  
MY JOB  
IS MAKING  
ME FAT"**  
SNEAKY WAYS  
WORK PACKS  
ON POUNDS

Display until June 21, 2010



**THE 28 SEXIEST SWIMSUITS!**  
THEY SOLVE ALL YOUR FIGURE PROBLEMS

**WHAT GUYS  
LOVE ABOUT  
YOUR BODY  
(YOU'LL BE  
SURPRISED!)** p. 39





Kim does trainer Gunnar Peterson's high-intensity circuit for an hour. Can you match that?

## “this is how I stay in shape”

It's all glam and fun on TV, but **Kim Kardashian** sweats hard to get fit for her close-ups. BY JANET LEE

➤ **WITH A NEW PERFUME** and a clothing line and boutique, Kim Kardashian is on the go 24/7. “It sounds like fun, but you have to have stamina to do a press junket, then a photo shoot, then go to an appearance,” says Kim’s trainer, Gunnar Peterson (who also stars in the new *Shape* DVD, *Best Ever Hollywood Workout*). To get her fit and energized, he mixes in strength moves—alternating upper and lower body exercises and core work—with cardio intervals. Give it a try with this nonstop circuit that targets your entire body and blasts calories. Keeping up with *this* Kardashian will definitely get you slim and sleek fast!

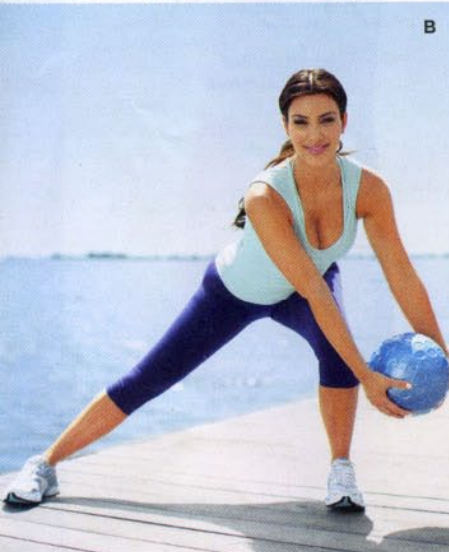
RUSSELL JAMES. STYLING: AMY BETH BERLIN. HAIR: ROB SCHEPPY FOR VICTORIA'S SECRET BEAUTY. MAKEUP: WARY PHILLIPS/THEMAGNETAGENCY.COM FOR CHANEL. MANICURE: WYRTH LEON/MCCORMACK FORD. ARTISTS: MIAMI FOR KIM DAVOREJON. GIGI ACTIVE TANK. BODY LANGUAGE SPORTSWEAR. LEGGINGS: AVIA SNEAKERS. SEE SHOPPING GUIDE, PAGE 238. FOR BUYING INFORMATION.



# cover profile workout



A



B

## 1 side lunge wood chop

WORKS LEGS, BUTT, ARMS, AND CORE

Stand with feet hip-width apart and hold a weighted ball next to right ear, elbows bent [A]. Step out to the left and lower into a lunge as you straighten arms out and arc the ball around so it's outside of left ankle [B]. Bring arms back up to starting position as you step right foot next to left. Do 6 to 15 lunges to the left, then switch sides and repeat to the right to complete set.

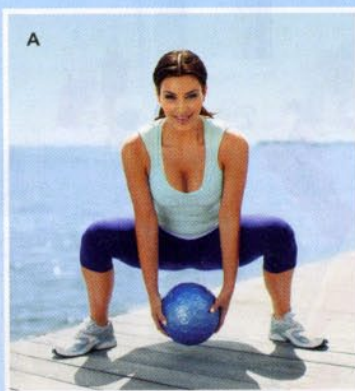
## > THE PLAN

**HOW IT WORKS** Do this routine, designed by Gunnar Peterson, 2 or 3 times a week. Warm up with 5 to 10 minutes of cardio, then do each move in order without resting. At the end of the last move, jump rope for 50 skips, then repeat the circuit up to 4 times. (Go to [shape.com/kimkardashian](http://shape.com/kimkardashian) to get video workout tips from Gunnar.)

**YOU'LL NEED** A 10-pound weighted ball and a set of 5- to 8-pound dumbbells (find equipment at [theshapestore.com](http://theshapestore.com)).



"Kim came to me a year and a half ago when she wanted to take her exercise routine up a notch," says trainer Gunnar Peterson. "She took it up *four notches!*"



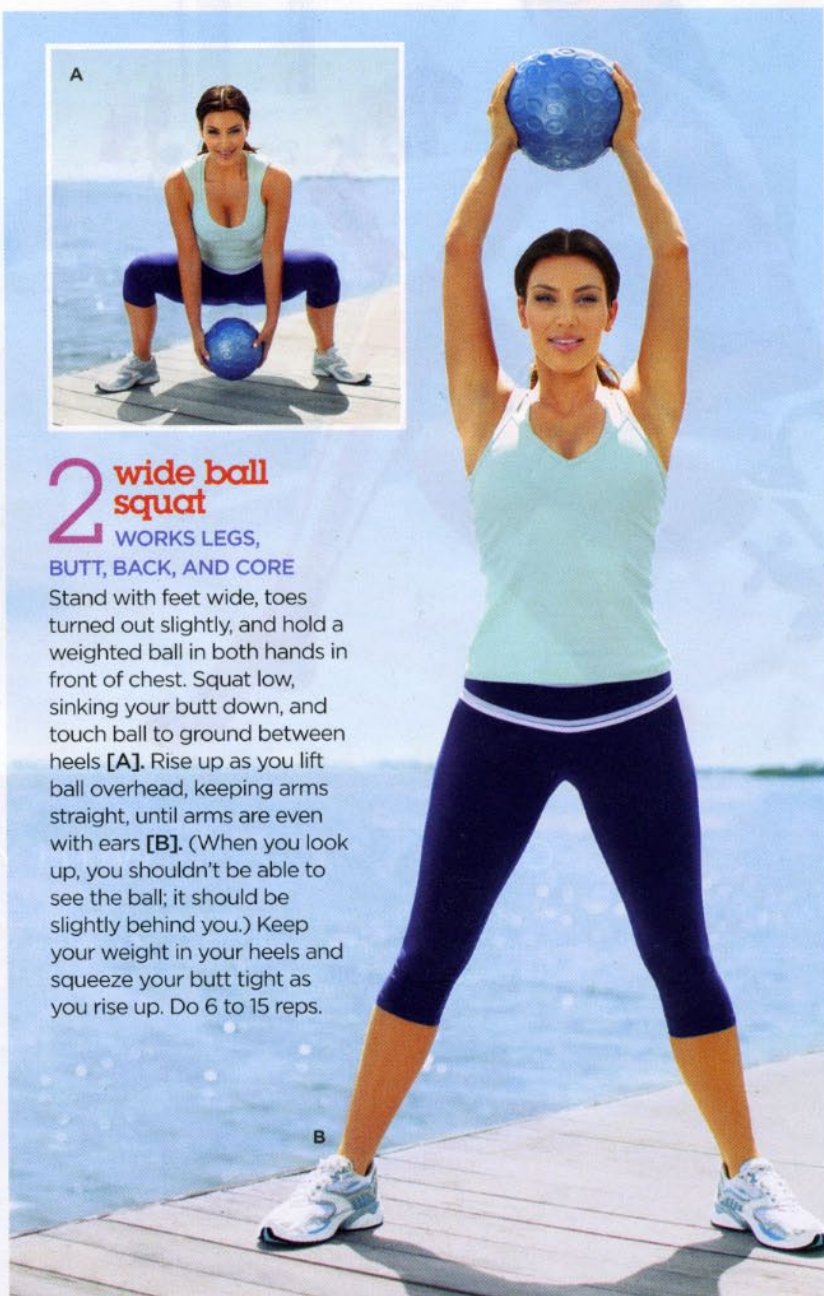
A

## 2 wide ball squat

WORKS LEGS, BUTT, BACK, AND CORE

Stand with feet wide, toes turned out slightly, and hold a weighted ball in both hands in front of chest. Squat low, sinking your butt down, and touch ball to ground between heels [A]. Rise up as you lift ball overhead, keeping arms straight, until arms are even with ears [B]. (When you look up, you shouldn't be able to see the ball; it should be slightly behind you.) Keep your weight in your heels and squeeze your butt tight as you rise up. Do 6 to 15 reps.

B



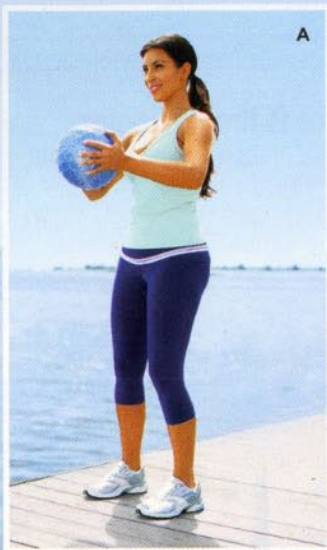


# cover profile workout

## 3 rebound rotation

WORKS CORE

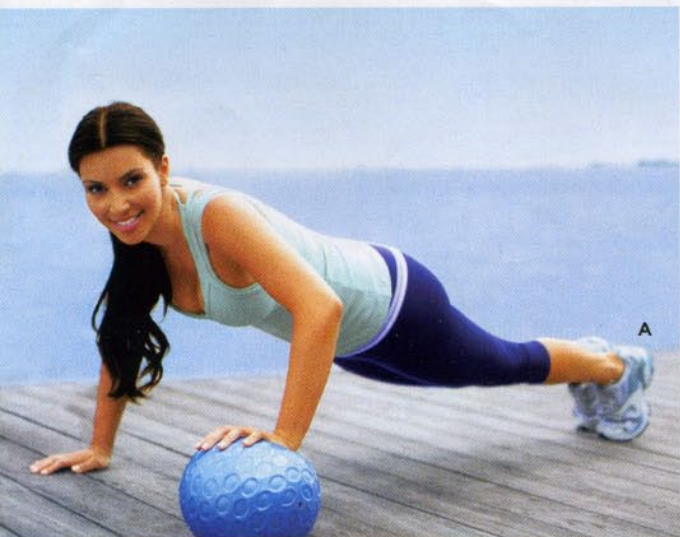
Stand with feet shoulder-width apart, torso tall, and hold a weighted ball about one ball's width from chest, elbows out [A]. Press against ball (you'll feel your chest muscles contracting). Keep squeezing as you rotate from side to side [B], as if you were trying to hit something with your elbows. Pull your belly button in tight each time you pass through the center. One twist to each side is 1 rep. Do 6 to 15 reps. On the next time through, extend arms in front of you at chest height as you rotate.



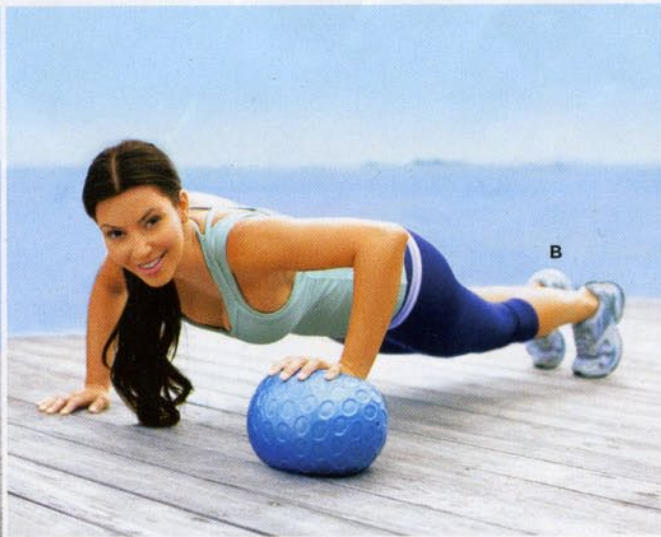
A



B



A



B

## 4 ball push-up

WORKS CORE, CHEST, SHOULDERS, AND TRICEPS

Get in push-up position on hands and toes (or knees). Place a weighted ball on ground a few inches outside

of left shoulder and place left hand on ball [A]. Do 6 to 10 push-ups [B], then switch ball to right side to complete set. To target more of the triceps, keep ball under shoulder and tuck elbow to your side as you lower into the push-up.

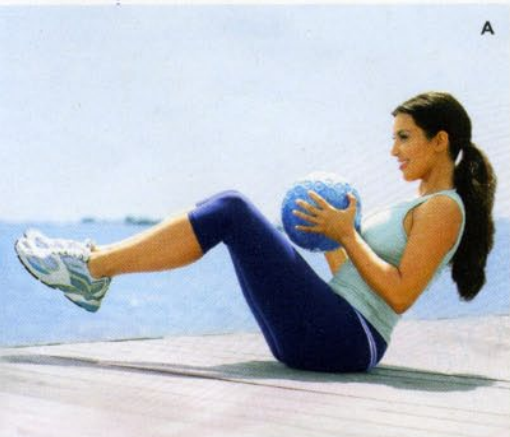


# cover profile workout

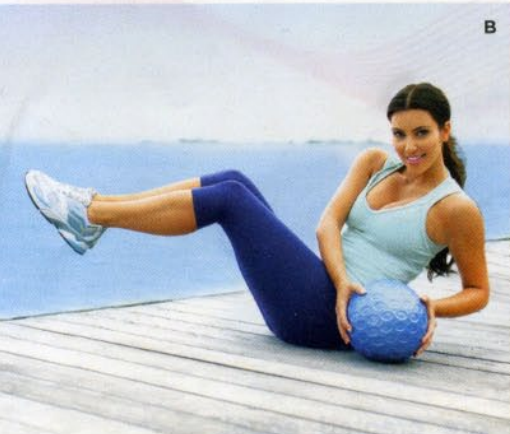
## 5 bus driver

WORKS CORE AND ARMS

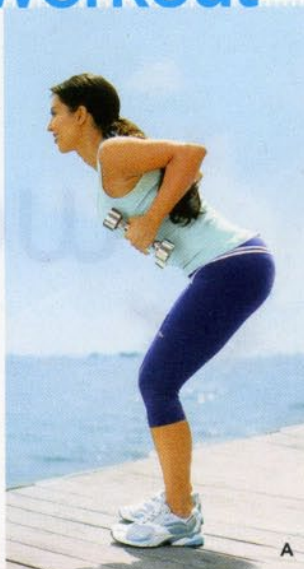
Sit with knees bent and together, feet flat, and hold a weighted ball in front of you. Lean back slightly and rest lightly on heels or lift feet completely [A]. Rotate from side to side [B], touching ball to floor each time (turn your head to look where you're touching). One rotation to each side is 1 rep. Do 6 to 15 reps.



A



B



A

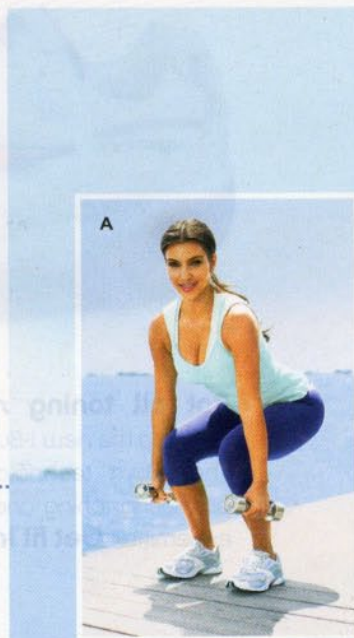


B

## 6 skater's lunge with kickback

WORKS LEGS, BUTT, CORE, AND TRICEPS

Hold a dumbbell in each hand and stand with feet hip-width apart. Bend over from hips about 45 degrees and tuck arms at sides, elbows bent and palms facing each other [A]. Assuming you're facing 12 on a clock face, step left foot back to 7 and lower into a lunge, right knee aligned over ankle and back leg almost straight. At the same time, straighten left arm behind you [B]. Return to starting position and repeat with right leg (stepping back to 5) and arm to complete 1 rep. Do 6 to 15 reps.



A



B

## 7 squat, curl, governor press

WORKS LEGS, BUTT, AND SHOULDERS

Hold a dumbbell in each hand at sides, palms facing body, and stand with feet hip-width apart. Lower into a deep squat, as if you were going to place the weights on the ground [A]. Rise up and curl dumbbells to shoulders, turning palms to face body [B]. Then extend arms up, turning palms to face forward. Lower arms to shoulders, then sides, and repeat. Do 6 to 15 reps.