

Kim Kardashian: Fit in your Jeans by Friday: Amazing Abs Body Sculpt

Written by Eva

Friday, 09 December 2011 10:40 - Last Updated Sunday, 21 August 2016 11:53



DVD



Language:	English
Run Time:	About 59 min.
Kind:	Toning/Strengthen
Warm up:	5 min.
Intensive Abs I	21 min.
Intensive Abs II incl. Stretch	25 min.
Bonus Workout	8 Min.

Equipment:

Dumbbells, Step Bench

Effectiveness:

Instruction:

[here available](#)

here you

Motivation:

[can find a Trailer](#)

As in the fitness DVD "Ultimate Butt Body Sculpt" Kim Kardashian acts mainly as a performer. The actual training is carried out by a professional instructor, Jennifer Galardi. She gives good instructions how to perform the different exercises correctly and explains, which muscles groups are trained

The title "Amazing Abs Body Sculpt", is a little bit confusing. I thought that mainly abs exercises would be carried out. But that is certainly not the case. In other words, if you are looking for a DVD only for abs than this one is not the appropriate choice. In fact, it is rather a combination of abs and upper body training. The upper body exercises, however, take a large part of these workouts. Unfortunately, the trailer also gives the impression that mainly the abdominals are trained (I have chosen the German trailer because it gives a better inside look).

In the first workout the abdominals and the waist as well as triceps, biceps, shoulder and back

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exercises are performed in standing position. Also, the legs and the butt are slightly involved. At the end of this routine, a short cardio segment takes place. The exercises are varied. If you are beginner, you can start with lighter dumbbells, but if you are intermediate you can increase your level by using heavier weights. So an effective training can be achieved.

Also in the second workout, there are exercises for the abs as well as for the upper body. They are occasionally pepped up through short cardio segments. In this routine, the exercises are carried out in connection with a step bench which, however, is not necessary. Then it goes down on the floor. Here the back as well as the straight abdominal and the obliques are trained. At the end of this workout, the stretching takes place.

The bonus part consists of exercises for the obliques and the abs (crunches, plank, etc.)

Apart from the misleading title it is a good DVD rather suitable for the beginner and intermediate. 4 points.