

Kim Kardashian: Fit In Your Jeans by Friday: Ultimate Butt Body Sculpt

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well done. The reason maybe is that Kim K. mainly acts as a performer and the workouts themselves are led by a professional fitness instructor (Jennifer Galardi). She gives during the whole workouts helpful instructions how to perform the different exercises correctly.

Workout I is carried out without the step bench but partly with lighter dumbbells. The exercises mainly consist of squats, lunges, sidelifts etc. In some exercises dumbbells are used, so the upper body is also slightly trained.

In Workout II the step bench is used. It starts with a 2-minute moderate cardio section. Then mainly the calves, butt, the back of the thigh etc. are trained. Furthermore this workout contains the stretch.

The bonus workout takes place on a mat. In this routine not only the butt is trained but also the abs. Simple abs exercises are carried out.

The exercises are varied, effective and quite demanding if you are beginner, advanced beginner or returner. All other people might feel unchallenged. (it can be easily recognized in the German trailer)

But beware, you won't get a super figure within a week, as the dvd title promise. To reach this goal it requires much more training.

A good DVD for beginners. 4 points