

Kim Kardashian's Workout Fit in your Jeans by Friday

Written by Eva

Saturday, 19 November 2011 19:43 - Last Updated Sunday, 21 August 2016 12:38



DVD



Language:	English
Run Time:	about 45 min.
Art:	Cardio/Step Workout

Warm up:	7 min.
Dance Workout I	8 min.
Dance Workout II	9 min.
Dance Workout III	10 min.
Bonus Workout	6 min.
Cool down/Stretch:	3 min.

Equipment:

Step Bench

Effectiveness:



Instruction:



[here available](#)

Motivation:



[here you can find a trailer](#)

I must admit, that I had some prejudices against this fitness DVD because Kim Kardashian is

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better known as an it-girl. I, however, had to revise my opinion. In this DVD Kim K. had an excellent support on the part of a professional instructor (Patrick Goudeau) so an effective step workout could take place.

You have the chance to choose three different workouts plus the bonus workout. In the bonus workout all three previous step routines are combined. So you have a 45-minute workout including warm up and cool down.

Occasionally the choreography is a little bit tricky. In the beginning, you have to fast forward and rewind the DVD to internalize the movements. But intermediates who have experience with step aerobic should have no problems to learn the moves quickly. The moves are demanding, varied and you are working up a sweat.

Because in Germany, foreign films are dubbed I can´t say anything about Kim K´s original cuing. But the German cuing is excellent. For better understanding, I have chosen the German trailer, to show you what you will get.

All in all a good DVD. Rather suitable for the intermediates. 4 points