

Kim Kardashian: Fit In Your Jeans By Friday



**Ultimate
Butt Body
Sculpt**

KIM KARDASHIAN
FIT IN YOUR JEANS BY FRIDAY.

The central image is a promotional poster for a fitness program. It features a photograph of Kim Kardashian on the left side, wearing a black, sleeveless, zip-up vest over dark blue denim jeans and black high-heeled shoes. She is smiling and looking towards the camera. The background is a light pink color with a subtle pattern of white sparkles. The title "Ultimate Butt Body Sculpt" is written in a large, bold, pink font on the right side. At the bottom, there is a black horizontal bar containing the text "KIM KARDASHIAN" in large, bold, pink letters, and "FIT IN YOUR JEANS BY FRIDAY." in smaller, white, all-caps letters below it.





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

Rating Not Rated Yet

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Manufacturer [Generic](#)

Description
This quick-paced workout formulated to have you squatting and lunging to a more beautiful backside in less than five days! This workout isolates and conditions all muscle groups of the butt, hips, legs, arms and midsection while burning 100s of calories. Warm up with trainer Jen Galardi as she guides Kim through key visualization techniques that introduces your body to interval training. Jen also includes a "No Cheat Check" to ensure proper form is maintained throughout the entire workout.

Kim's first 15-minute workout focuses on:

- Squat, lunge and quad series to start the burn
- Added turn squats, overhead press and oblique reaches to amplify results
- Step touch to step jump introduction for a touch of dance
- Hamstring curls & plyometric jumps, squeeze and muscle holds

She'll kick it up a notch in the next 20-minutes workout, adding more movement and height before finishing with a series of stretches. Kim will stick with it as long as you do, while Jen demonstrates the advanced option for those ready to take it to the next level.

The no-excuse 5 minute Bonus Butt Blast "Tush Push" combines isometric contractions and holds with waist whittling crunches. Blast for five minutes to tone and tighten your backside- what better way to flaunt your curves and strut your stuff! It's the perfect tune-up before a night out in your favorite denim.

It takes more than great genes to have a great butt, and this workout will have you feeling fabulous and ensure you'll Fit In Your Jeans By Friday

Dark-haired beauty Kim Kardashian became an unexpected star after the first airing of her hit E! reality series "Keeping up with the Kardashians." Kim is a Dream Foundation ambassador which grants last wishes to terminally ill adults and has recently completed PSA's about the political plight in Burma and Breast Cancer Awareness and has promoted the "Until There's A Cure" bracelet dedicated to eradicating HIV/AIDS by raising awareness and funds to combat the pandemic. As someone who is in

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constant demand and must look her best 24/7, Kim has dedicated herself to making fitness a regular part of her daily routine.

Units in box: 1 DVD

Reviews

There are yet no reviews for this product.

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