



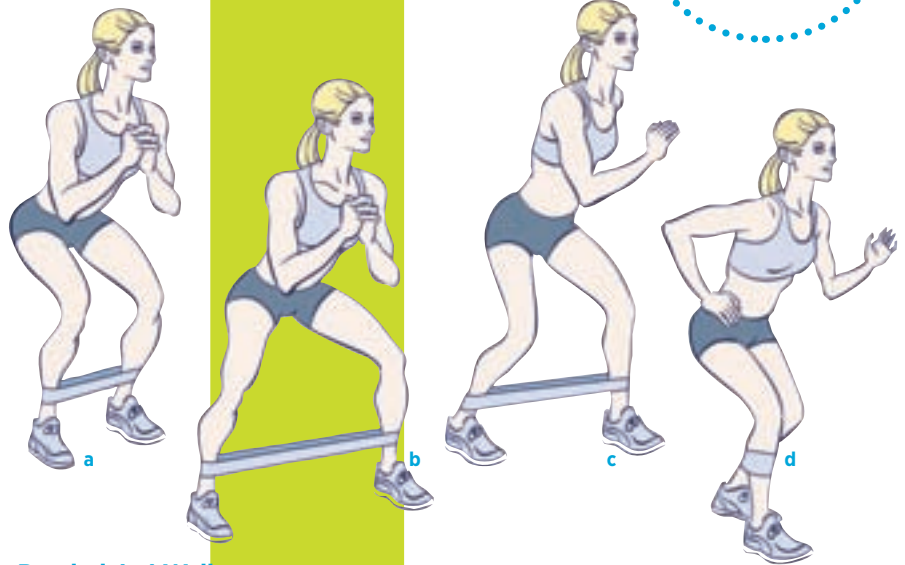
AND NOW, WITHOUT FURTHER ADO: KHLOÉ'S WORKOUT

Let's just get this quote out of the way, because it's everything: "Khloé's mindset has been right since day one. She is a clean slate with every workout. She is present—the same way an athlete focuses on the play at hand, not what happened before."

Preach! That's strength and conditioning specialist Gunnar Peterson, a Beverly Hills-based trainer, explaining why Khloé's physical transformation has been so major. "We keep her mind challenged and her body guessing, and the focus is on building strength." (Have you seen the Insta of her busting out back squats?!) "There's just enough interval work (sled pushes, battle ropes, rower sprints, med-ball slams) to keep her heart rate as high as her royalty checks."

Complete this workout two or three times a week on nonconsecutive days. Starting with the first exercise, do the prescribed number of reps, then rest 10 to 30 seconds. Do two to five sets, then continue to the next move and repeat until you've done the entire routine.

—By Jen Ator



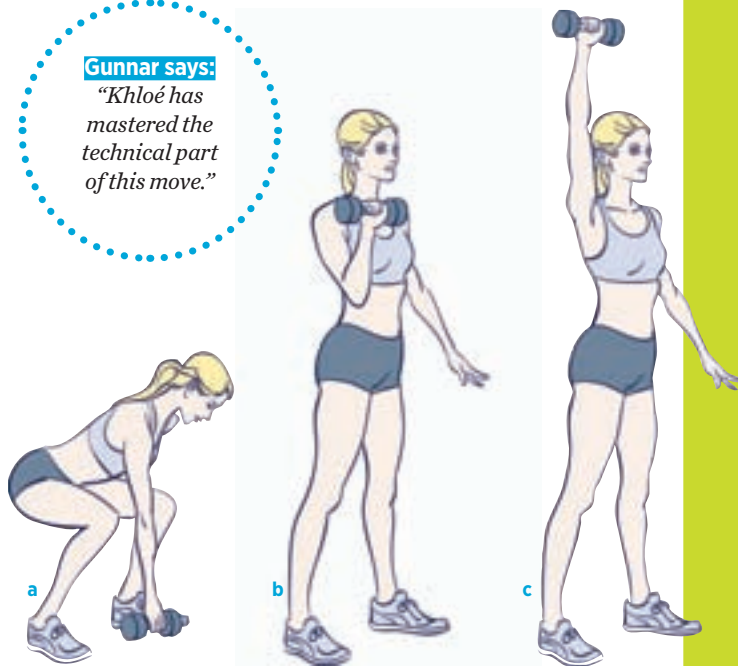
2. Banded 4x4 Walk

Place a mini resistance band around your ankles and stand with your feet slightly wider than hip width, knees bent (a). From the starting position, imagine you're creating a large square: Step your right foot out to the right side (b), followed by your left foot, keeping tension in the band the entire time; continue 20 to 30 steps. Then step your left foot forward (c), followed by your right (d); repeat for 20 to 30 steps. Finally, take 20 to 30 steps to the left, then 20 to 30 steps backward (you should be back at your starting point).

Gunnar says:
"Sparks fly off that ass by the end of this little number!"

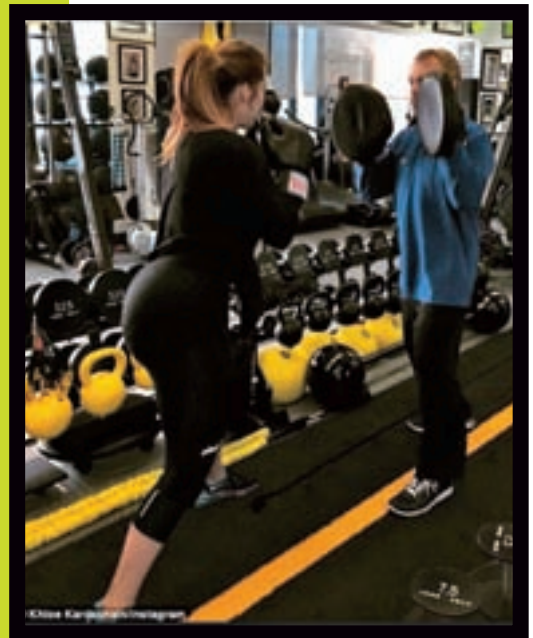
Gunnar says:

"Khloé has mastered the technical part of this move."



1. Single-Dumbbell Clean and Press

Stand with your feet shoulder-width apart and a dumbbell between your feet on the floor. Push your hips back as you squat to grab the dumbbell with your right hand, arm fully extended (a). In one smooth movement, pull the dumbbell up and "catch" it at shoulder height as you press through your heels to stand (b). Then press it overhead, palm facing away from you, keeping your knees slightly bent and core engaged (c). Pause, then reverse the movement to return to start. That's one rep. Do eight to 12, then repeat on the other side.



▲ Instagram It, or It Never Happened

KK posted this shot of her boxing with Peterson. To truly train like Khloé, attitude is everything, he says. "She takes nothing for granted," Peterson explains. "She balks at nothing. She's all in."

COURTESY OF THE SUBJECT (INSTAGRAM); KAGEN MCLEOD (ILLUSTRATIONS)

3. Overhead Crunch to Rotation

Lie on the floor, knees bent, holding a medicine ball overhead (a). Keeping your arms straight and core tight, raise the ball over your knees (b). Lower back to start. That's one rep. Do 10; on the next rep, raise the ball and rotate to lower it outside your right hip (c). Reverse to return to start. Repeat on the left; continue alternating for 20 total reps.



Gunnar says:

"If she doesn't hit me with an expletive after this set, I know my rep scheme was too low."

Gunnar says:

"Terrific to throw this move in when she's tired. The mental challenge itself is half the work."



5. Reverse Lunge to Press with High Knee

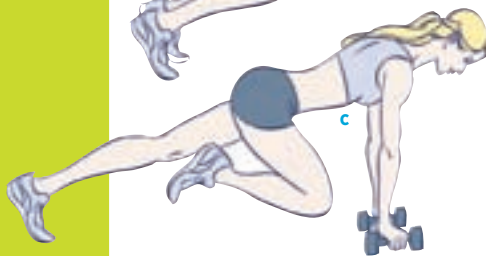
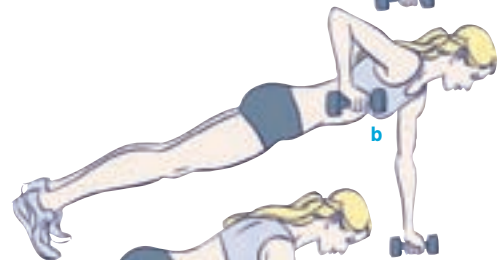
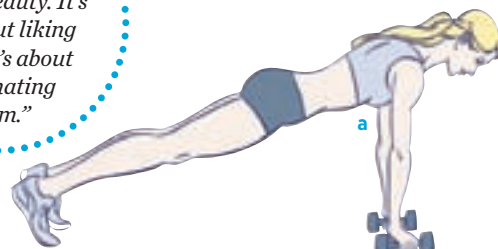
Grab a pair of dumbbells and hold them at shoulder height, elbows bent and palms facing forward (a). Step your left leg back and bend both knees to lower your body into a lunge (b). In one motion, press through your right heel to stand, raising your left knee in front of you to hip height and pressing the weights directly overhead (c). Pause, then lower back to start. That's one rep. Repeat on the other side, then continue alternating for 10 to 16 reps.

4. Renegade Row to Mountain Climber

Get into a pushup position with your hands resting on dumbbells and feet slightly more than hip-width apart, your body forming a straight line from head to heels (a). Brace your core as you pull one weight toward the side of your chest (b). Pause, then slowly lower the weight. That's one rep. Repeat on the other side, and continue alternating for eight to 12 reps. Then return to the starting position and raise your right knee toward your chest (c). Lower and repeat with your left leg. Continue alternating for 20 to 30 reps.

Gunnar says:

"This is the Beast for the Beauty. It's not about liking them; it's about dominating them."



▲ Total Baller

Peterson uses Khloé as an example for anyone who claims they have no time to work out. "She's consistent regardless of her schedule, and her schedule is no joke!" he says. "I'll ask people, 'Are you busier than Khloé? She'll be here at 7 a.m.'" ■