

Celebrity News: Rob Kardashian Vows to 'Snap Back' Into Shape with Blac Chyna After Birth of Baby



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Shaping up! Rob Kardashian vowed to his Instagram followers on Tuesday, October 18 that he is determined to get back into shape after his first [celebrity baby](#) with Blac Chyna is born. According to [UsMagazine.com](#), the [celebrity couple](#) is due with their child next month, and Rob claims they'll be battling the weight loss together. "Oh yeah we snapping back lol...baby will be here in 4 weeks and I'm done with carrying this pregnancy weight," he captioned a throwback picture of him and Blac

Chyna at their slimmest. “Me and my baby gonna be rightttttttt ... MOTIVATION TIME! we almost there Chy.”

This [celebrity news](#) has us hoping for the best for Rob! What are some ways to use fitness as a bonding mechanism with your partner?

Cupid's Advice:

Working out can be hard! You say you want to work out, but then you probably just end up on the couch watching TV. Maybe it's time to grab your partner and find a way to bond over exercise. Cupid is here to help:

1. You push yourselves: Odds are that if you're dating, you want to be the best person you can for your significant other. You won't be afraid to push each other and help them move in the right direction, especially if you are there alongside them, supporting them.

Related Link: [Rob Kardashian & Blac Chyna Are Having a Celebrity Baby Girl](#)

2. You have a workout buddy: A lot of people don't like working out alone. They need someone to guide them and do the same workouts as them so you both feel the burn. Working out with your partner means you always have someone to work out with, so you're never alone. A romantic partner and a workout one? Double win!

Related Link: [Relationship Advice: 5 Basic Workouts to Do With Your Partner](#)

3. You gain trust: If you are working out with a partner, you are going to have to spot them if they lift weights, or make

sure they drink plenty of water and don't hurt themselves. This trust while working out will gain trust in your relationship, and hopefully strengthen it.

How has fitness bonded you and your partner? Comment below!