

ZOE SALDANA

WORKOUT ROUTINE



BONUS PDF FILE

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Zoe Saldana

Workout Routine:

Training Volume:

3-6 Days

Explanation:

You're going to utilize pilates and yoga 3 days a week, and I'll also program you another 3 days of cardio and small circuits to use. This should all be paired with a clean diet (which is key!).

Day One:

Cardio Options:

2-3 mile jog

5-10 mile bike ride

30-45 min elliptical or stair master session

OR, take a slice from each and incorporate them all!

Circuit:

3 Rounds:

10 Squat Jumps

10 Plank to Push-Ups

10 V-Ups

10 Burpees

10 Pike Push Ups

10 Lunges

Day Two:

Pilates or Yoga Day!

Zoe loved Yoga, but also utilized pilates as well. Do whichever you can fit in today, even if it's only 15-30 minutes of it on the YogaStudio App!

Day Three:

Cardio Options:

2-3 mile jog

5-10 mile bike ride

30-45 min elliptical or stair master session

OR, take a slice from each and incorporate them all!

Circuit:

1 Round:

60 V-Ups

50 Squat Jumps

40 Lunges

30 Pike Push Ups

20 Burpees

10 Plank to Push-Ups

Day Four:

Pilates or Yoga Day!

Zoe loved Yoga, but also utilized pilates as well. Do whichever you can fit in today, even if it's only 15-30 minutes of it on the YogaStudio App!

Day Five:

Cardio Options:

2-3 mile jog

5-10 mile bike ride

30-45 min elliptical or stair master session

OR, take a slice from each and incorporate them all!

Circuit:

5 Rounds:

10 Squat Jumps

5 Plank to Push-Ups

10 V-Ups

5 Burpees

10 Lunges

5 Pike Push Ups

Day Six:

Pilates or Yoga Day!

Zoe loved Yoga, but also utilized pilates as well. Do whichever you can fit in today, even if it's only 15-30 minutes of it on the YogaStudio App!