

# COBIE SMULDERS WORKOUT ROUTINE



Bonus PDF File  
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# **COBIE SMULDERS WORKOUT ROUTINE**

## **Training Volume:**

3-5 days a week

## **Explanation:**

Smulders utilizes Yin yoga classes, The Bar Method, and pilates 3-5 times a week, but when she doesn't have time to get in her workout, she also utilize sit ups and planks "on-the-go". I'll program you a few on the go workouts for you to utilize.

## **Cobie Smulders Yin Yoga, Pilates and The Bar Method: 3-5 days per week**

The Bar Method is a very specific workout, but if you can't get in on a class there, you can utilize a pilates class, or even YouTube videos to get you going 3 or so days a week.

As far as yoga goes, we have it inside The Academy, but there's also tons of YouTube videos and classes to utilize as well. Smulders does Yin yoga, so if you want to train exactly like her, that's what you're going to want to look for.

## **Cobie Smulders "On-The-Go" Workout:**

This can be utilized on top of your other training, and also on days you don't have time to fit in the full training.

Don't be afraid to use this on active-off days, but don't skip your yoga and pilates too often just because you have this!

I'm programming you what is essentially bodyweight routines, but you can do these as you go, or when you can't make it to the gym.

**Workout Option One:**

3×20 Sit Ups

3×60 second Forearm Planks

3×20 Glutes Bridges

3×15 Lunges

3×10 Banded Pistol Squats (each leg)

**Workout Option Two:**

3×30 second Right Side Planks

3×30 second Left Side Planks

3×25 lying leg raises

3×20 Jump Squats

3×15 Plank to Push Ups

3×10 Burpees