

# JENNIFER LOPEZ WORKOUT ROUTINE



Bonus PDF File  
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# **JENNIFER LOPEZ WORKOUT ROUTINE**

**Training Volume:**

**5+ days per week**

**Explanation:**

**J-Lo likes to mix it up. We'll be incorporating both styles of training from her celeb trainers. I'll program you an upper and lower body split, a sample program from each of her celeb trainers (David Kirsch's will be the full body split we talked about, but both will cover full body splits). You can add in the full body training multiple times a week and on top of that you can add in cardio and other fun activity days to keep yourself active and burning those extra calories!**

## **Jennifer Lopez Upper Body Workout**

**Stretch**

**10-20 min Stairmaster**

**Workout:**

**Seated Press**

**3×12**

**Spider-Man Push Ups**

**3×12**

**Kettlebell Swings**

**3×12**

**Incline Machine Press**

**3×12**

**Tricep Kickbacks**

**3×12**

**Bent Over Dumbbell Rows**

**3×12 each arm**

**Battle Ropes**

**3×30 seconds**

## **Jennifer Lopez Lower Body Workout:**

**Warm Up:**

**Stretch**

**10-20 min Stairmaster**

**Workout:**

**Back Squats**

**4×12**

**Hamstring Curls**

**3×12**

## **Straight Leg Kettlebell Deadlift**

**3×12**

## **Weighted Glute Bridges**

**3×12**

## **Leg Press**

**3×12**

## **Weighted Step Ups**

**3×10**

## **Farmers Carry**

**3×50 ft.**

# **Jennifer Lopez Tracy Anderson Workout:**

The first time through the routine, focus on the same side. (The idea is to tire that part of your body out.) The second time through, you'll work the other side, alternating legs/arms where applicable. Step-by-step pointers, courtesy of Tracy Anderson Method:

### **Move #1: Wide Straddle to Plank**

*20 reps (same side)*

Sit with your legs wide. Bend your left leg in, as you swing your right leg around to go into plank position, with your hands on the floor in front of you. Extend your left leg off the floor, diagonally behind you, to your back-left.

**Bend your left leg, and return back to the seated position.**

## **Move #2: Balancing Leg Extension**

*20 sets (alternating legs)*

Face the left side, in crouch position, with your right leg extended straight to the left side. Left arm is by your left thigh, your right hand is on the floor, at your side, holding your body up. Push off the ground to face forward. Repeat for the opposite side, facing toward your right now.

## **Move #3: Lunge to Bridge**

*25 reps (same side)*

Face forward in a lunge position with your right leg bent in front, and left leg straight behind. Your right hand is on your right thigh; left hand is on the floor. Pull your left leg through to go into a bridge, extending your right arm straight up to the ceiling.

Reverse your left leg to return to the original lunge position.

## **Move #4: Leg Extension to Knee-Lift in Bridge**

*25 reps (same side)*

Kneel down on all fours. Extend your left leg behind you, then return it back to kneeling position. Lift your right knee and right arm off the ground, turning your body to the right side. Extend your right arm straight up to the ceiling. Lift your left knee to meet right knee. Return your left leg, then right leg to original kneeling position.

## **Move #5: Sit to Split-Hover**

*20 reps (same leg)*

Face forward, sitting with your legs straight out in front of you. Right leg is crossed over left leg at your ankles. Swing your right leg around, and behind you, to lift up to a split-hover, with both hands supporting at either side. Return to seated position, swinging your right leg around, and crossing it back over your left.

# **Jennifer Lopez David Kirsch Workout Routine**

**Complete complete 20 reps of each move.**

**Wide Stance Squat**

**Reverse Lunges**

**Plank on a Medicine Ball – 30-second plank.**

**Lateral Lunge**

**Dumbbell Row to Tricep Extension – 10 reps on each side.**

**Shoulder Taps**

**Side Planks**

**Overhead Slams with Medicine Ball**

**Torso Rotation with Resistance Band**

**Squat with Row and Bicep Curls with Resistance Band**

**Tricep Extensions with Resistance Band**

**Medicine Ball Sit-ups**

**Weighted Jackknives**

**Russian Twists**

**Push-ups with Glider**

**Pike-up Planks**