

GWYNETH PALTROW WORKOUT ROUTINE



Bonus PDF File
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GWYNETH PALTROW WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Gwyneth Paltrow is known for training with Tracy Anderson. She's caught out staying active and running quite often as well. Pair that with some pilates and yoga and we have ourselves a full Gwyneth Paltrow workout routine. I'll give you links and a full breakdown below.

Gwyneth Paltrow Workout: Tracy Anderson Training

Of course if you can hop into a Tracy Anderson class that would be amazing.

But we're also lucky enough to have some videos that Tracy has done.

Here's a couple links you can utilize for an on-the-go workout:

- 10 Minute Workout: <https://youtu.be/gbMr8i9p1KM>
- 30 Min Metamorphosis Days 1-10: <https://youtu.be/JIFJiwazZbo>

Gwyneth Paltrow Workout: Cardio Day

Paltrow also likes getting outside and staying active.

For that reason I recommend getting out on a hike or jog, but there are some other options.

You can also choose to do 60 minutes of varied cardio: treadmill, bike, row, Stair Master, elliptical, etc.

Gwyneth Paltrow Workout: Pilates and Yoga

The Tracy Anderson style training mixes in a lot of pilates and yoga movements, but if you would like to sub a class for those training days that would be amazing as well.