

JESSICA ALBA WORKOUT ROUTINE



Bonus PDF File
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JESSICA ALBA WORKOUT ROUTINE

Training Volume:

5-6 days a week

Explanation:

Normally we'd program 3-5 days for a routine like this one, but we're actually going to be doing something a bit different being that almost all sources and signs point to Alba mainly (and almost solely) using classes like YogaSculpt, typical yoga, Spin, Pilates, and other high intensity group classes to get her killer physique.

For that reason I'm going to give you 5-6 days a week, assuming you'll be mixing it up a bit. I'm also going to program one day that you can do in 30-45 minutes at home if you're not going to be hitting the classes that Alba does.

Jessica Alba Workout: Daily Classes

Jessica Alba loves hitting classes like YogaSculpt, typical yoga classes, Spin, Pilates, and other high intensity group classes; either solo or with her friends.

For that reason you're going to be attempting to do the same for the majority of the week.

Get out there and use your fitness.

Alba is up and on the go at 5:15 in the morning and ready to hit some yoga.

This can be replaced by hiking or other intense forms of activity if needed; or in some cases the following full body workout.

Jessica Alba Workout: Home Training Alternative

I'm building you this routine if your main objective is to look like Alba, and while focusing in on your diet you are not able to get to a class one day that you'd like to train. Of course, you can simply go for a hike, or a run, or some other form of caloric burning activity; but this will also help build some muscle and cut some cal!

One Round for Time:

70 cal on treadmill or rower (or 60 double unders)

60 second plank hold

50 KB Deadlift (sub bodyweight row)

40 Lunges (each leg)

30 Plank to Push Ups

20 Jump Squats

10 Burpees