

LILY COLLINS WORKOUT ROUTINE



Bonus PDF File
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LILY COLLINS WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Like we've seen with many celebs at SHJ, especially women, Lily Collins tries to get active every day, even if she can't make it to the gym. I'm going to program you 3 circuits you can utilize multiple times a week (more than 3), and then it'll be your job to hit the elliptical, count steps and get active, or hit some other form of activity the other days of the week. Remember your diet is going to be key here.

Day One: Circuit Training

Warm Up:

Stretch

10-15 min elliptical warm up

Workout:

Circuit One:

3 Rounds for Time

10 Box Jumps

20 Mountain Climbers

10 Jumping Lunges

Circuit Two:

2 Rounds for Time

10 Knee Push Ups

20 Burpees

60 Second Plank

Circuit Three:

1 Round for Time

40 Calorie Run, Bike or Row

30 Air Squats

20 Light Clean and Press

10 Kettlebell Deadlift

Day Two: Activity Day Cager

This one is going to be on you.

Regardless of if you're looking to train some MMA with [Coach Derek](#), get a session with Simone De La Rue's coaches, go to a yoga or pilates class – or even just getting out there to use your fitness.

Make it happen.

Get out there and go hiking, play some sports, climb a mountain – do your thing!

Day Three: Circuit Training

Warm Up:

Stretch

10-15 min elliptical warm up

Workout:

Circuit One:

Run this 3 Times Through

10 Weighted Step Ups

20 Mountain Climbers

10 Pistol Squats

Circuit Two:

21-15-9 (First Set 21 reps, Second 15 reps, Third 9 reps)

Push Ups or Knee Ups

Burpees

Circuit Three:

EMOM (Every Minute on The Minute)

10 Double Unders

10 Push Presses

Day Four: Activity Day

This one is going to be on you.

Regardless of if you're looking to train some MMA with [Coach Derek](#), get a session with Simone De La Rue's coaches, go to a yoga or pilates class – or even just getting out there to use your fitness.

Make it happen.

Get out there and go hiking, play some sports, climb a mountain – do your thing!

Day Five: Circuit Training

Warm Up:

Stretch

800m Jog

Workout:

Circuit One:

3 Rounds for Time

10 Jump Squats

20 Mountain Climbers

10 Weighted Lunges

Circuit Two:

2 Rounds for Time

10 Plank to Push Up

20 High Knees

60 Jump Rope

Circuit Three:

1 Round for Time

40 Calorie Run, Bike or Row

30 Air Squats

20 Pushups

10 Burpees