

REESE WITHERSPOON WORKOUT ROUTINE



Bonus PDF File
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REESE WITHERSPOON WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

I'm going to program you a few circuits that get you moving for 45-60 minutes like a Body By Simone session, a running schedule, and a day devoted to either yoga and/or activity. It'll be your job to decide which of these sessions you'd like to use most often. Try to get active 3-5 days per week, with 3 being the very minimum.

Reese Witherspoon Workout: Body By Simone Inspired Circuits

Day One Circuits:

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 Circuits:

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 Three Circuits:

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

Reese Witherspoon Workout: Cardio Scheduling

Obviously you can decide to utilize all three circuits on different days, but I'd definitely suggest also getting into some running as well just for overall health and extra calorie burn/activity.

Plus, Witherspoon seems to love it.

Here's a schedule I would use as a beginner, and of course you can scale it down a bit where needed:

Monday: Circuit or Yoga/Activity

Tuesday: Run 2-3 miles

Wednesday: Circuit or Yoga/Activity

Thursday: Run 2-3 miles

Friday: Circuit or Yoga/Activity

Saturday and Sunday: One day off one long distance run 3-5 miles (if you'd like to REALLY step it up)

Reese Witherspoon Workout: Outdoor Activity and Yoga

As you saw within our workout routine research, Witherspoon also loves adding in yoga and outdoor activity such as hiking and just getting outside and moving.

For this reason, I suggest doing the same if you're not going to be utilizing any of the above training frequently enough.

We have yoga videos [and more] within [The Academy](#), but there's also tons of other resources to take advantage of on YouTube.