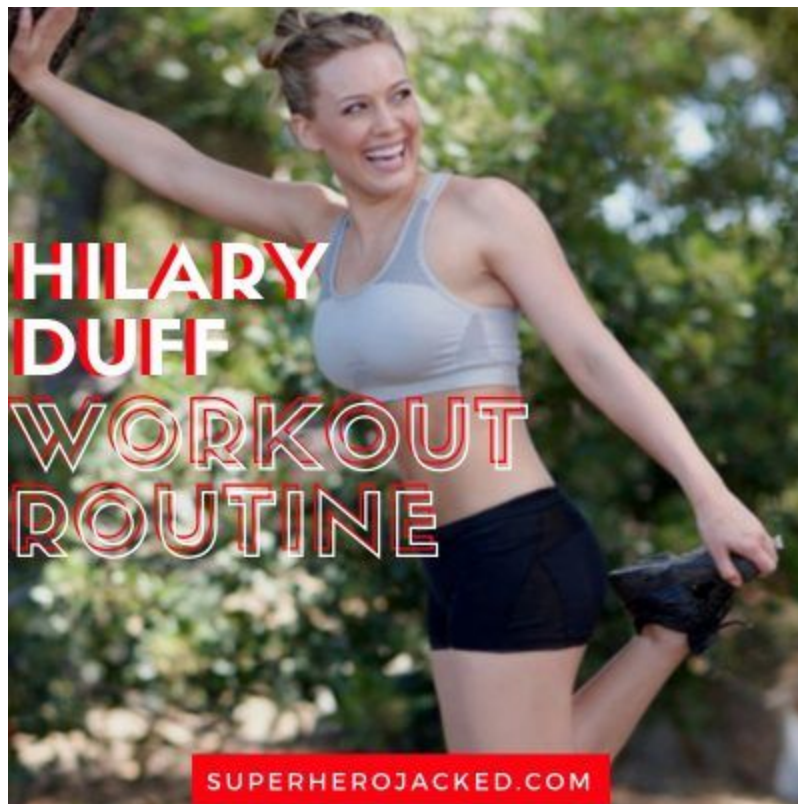


HILARY DUFF WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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HILARY DUFF WORKOUT ROUTINE

Training Volume:

4-5 days per week

Explanation:

Hilary Duff says that she works out four to five days a week...no matter what. She admits that she doesn't LOVE training, but she does it because she knows she has to. She gets it in many different ways, but shares a ton of them with us. For that reason I'll be programming you a bunch of different options for you to utilize over the course of a four to five day split.

Hilary Duff Workout Sample Training Schedules:

Hilary Duff's training can vary a lot.

She mentions tons of different variations that range from classes to running in different cities, all the way to personal training with HIIT and tons of squats and butt workouts.

For that reason I'll be programming you an upper and lower body split that you can double up on to get four days of training with an extra day or two devoted to running/classes; but if not just make sure to get in extra running, classes or activity in their place.

Monday: Lower Body

Tuesday: Upper Body

Wednesday: Distance Running or Classes (Pilates or Group Classes)

Thursday: Lower Body

Friday: Upper Body

Saturday: Off Day

Sunday: Off Day or Reset Schedule and Start from Day One

Hilary Duff Workout: Lower Body Split

Warm Up:

Run 15-20 minutes

Workout:

Back Squats

4×12

Deadlifts

4×12

Hip Thrusters

4×12

Hamstring Curls

3×10

Leg Extensions

3×10

Kettlebell Swings

3×10

Cooldown:

StairMaster or Rower 15-20 minutes

Hilary Duff Workout: Upper Body Split

Warm Up:

Run 15-20 minutes

Workout:

Arnold Press

4×12

Thrusters

4×12

Medicine Ball Slams

4×12

Kettlebell Swings

3×10

Push Ups

3×10

Tricep Cable Kickbacks

3×10

Cooldown:

StairMaster or Rower 15-20 minutes

Hilary Duff Workout: Cardio, Classes and Busy Days

Duff doesn't shy away from group classes and Pilates.

She also gets outside and runs around the different cities she finds herself in for work.

Another thing she told Shape about her busy schedule was that she still makes sure to get in a home workout: "I just did moves on my own," she told Shape of an at-home workout. "I did 200 jumping jacks, pushups, triceps, dips, and squats."

So here's some options:

- Group classes like Orange Theory Fitness, Pilates, Hot Yoga, etc.
- Run/Walk around your town/city for 60-120 minutes (60 for run, 120 for walk).
- Utilize Duff's "at-home workout" in a crunch.