

JENNIFER ESPOSITO WORKOUT & DIET



Bonus PDF File
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JENNIFER ESPOSITO WORKOUT ROUTINE

Training Volume:

3+ days per week

Explanation:

For the most part Esposito has not been seen to follow a strict regime. She's said to do some cardio on the treadmill and elliptical for 30 minutes and then add in some weight training, but other than that she sticks to staying active and also yoga and Pilates.

Jennifer Esposito Workout: Cardio and Weights Variation Two

Warm Up:

10-15 min of Yoga

Cardio:

30 minutes on Treadmill or Elliptical (Steady Pace)

Workout:

Squat Variation (Back/Goblet/Hack/Front)

4×12

Arnold Press

4×12

Assisted Chin Ups

4×12

Dumbbell Deadlifts w/ Light Weight

4×12

Extra Calisthenic Butt & Core (If You'd Like):

Donkey Kicks

4×12 each side

Glute Bridges

4×12

Planks

3×60 seconds

Lying Leg Raises

3×25

Jennifer Esposito Workout: Cardio and Weights Variation Two

Warm Up:

10-15 min of Yoga

Cardio:

30 minutes on Treadmill or Elliptical (Steady Pace)

Workout:

Leg Press

4×12

Hamstring Curls

4×12

Chest Press w/ Machine

4×12

Light Bent Over Rows w/ Dumbbell

4×12 each side

Extra Calisthenic Butt & Core (If You'd Like):

Lunges

4×12 each side

Bulgarian Split Squats

4×12 each leg

Side Planks

3×30 seconds

V-Ups

3×25

Jennifer Esposito Workout: Yoga, Pilates and Activity

More and more often we're seeing celeb ladies taking to tracking their activity. While I didn't specifically see that Esposito utilizes a tracker, I did find that she is very mindful of how active she is on a daily basis.

I was also able to find that she does her best to stay active by doing yoga and Pilates a few times a week.

This has been pretty consistent throughout her career.

Whether it's tracking your steps, or getting out there and joining a yoga or Pilates class, make sure to get active!

Jennifer's Coconut Cacao Chip Macaroons

You'll need:

1 cup shredded unsweetened coconut

1/2 cup + 1 tsp coconut milk

4 Tbsp maple syrup

1 Tbsp coconut flour

Pinch of cinnamon

Pinch of fresh ground vanilla

Pinch of Himalayan sea salt

1/3 cup semi-sweet chocolate (or cacao) chips

How to make it:

Preheat oven to 350°F. Combine all ingredients except chocolate chips in a saucepan and stir over low heat until sticky. When the mixture is still warm, transfer to a bowl and let cool for a few minutes, then add chips. Press or scoop out small balls of mixture and place on a cookie sheet lined with parchment paper. Bake 12 to 15 minutes or until tops start to lightly brown. Let cool before removing from tray.