

# SARAH JESSICA PARKER WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# SARAH JESSICA PARKER WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

I'm going to give you a few things to work with, including yoga, Pilates, a 20 min circuit, and even a full body workout to switch in and out; but for the most part you'll be focusing in on tracking your daily walking and making the choices to get you more active.

## Sarah Jessica Parker Daily Workout:

The main portion of your workout is to get active daily.

SJP achieves her daily 10,000 steps by making choices to go walking whenever she's able.

So get out your apps or your Fitbits and start making it a daily goal to hit that marker!

## Sarah Jessica Parker Bonus Activity:

SJP also mentions yoga in a handful of interviews and is known for doing some Pilates as well.

If you can make it to a local class, that's great; but if not you can also find yoga videos and instructions either inside [The Academy](#), or even on YouTube.

This can be 3 times a week or even more often if you're able.

Make the conscious decision to get active wherever bonus activity is available.

# **Sarah Jessica Parker Workout: Full Body Workout**

*\*\*Add this workout in from time to time like SJP does with weights. \*\**

## **Warm Up:**

Stretch

15 min walk

## **Workout:**

Push Ups

3×20

Back Squats

3×10

Hamstring Curls

3×10

Bicep Curl Step Ups

3×10 each leg

Arnold Press

3×10

Glute Bridges

3×10

**Core:**

Forearm Planks

3×60 second

Lying Leg Raises

3×25

Sit Ups

3×25

## **Sarah Jessica Parker Workout: 20 Minute Circuit**

**Warm Up:**

Stretch

**Workout:**

*Complete One Round for Time*

70 Calorie Run

60 Jumping Lunges

50 Second Plank

40 Push Ups

30 Air Squats

20 Burpees

10 Assisted Pull Ups