

# EVA LONGORIA

# WORKOUT ROUTINE



Bonus PDF File  
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# **EVA LONGORIA WORKOUT ROUTINE**

**Training Volume:**

3-5+ days per week

**Explanation:**

For this one we're going to be hitting the weights like Eva Longoria is, but we're also going to be incorporating yoga, Pilates and running. Longoria has always been a runner and is extremely active in her yoga, so we'll be adding those in 2-3 times a week as well.

## **Eva Longoria Workout: Possible Workout Schedule**

**Monday:** Weight Training

**Tuesday:** Running and Yoga

**Wednesday:** Weight Training

**Thursday:** Running and Yoga

**Friday:** Weight Training

**Saturday:** Off Day or Yoga/Pilates

**Sunday:** Off Day or Active Off (Yoga/Walk/Hike/Etc)

# Eva Longoria Workout Routine: Weight Training Day One

## **Warm Up:**

10-15 Minute Jog

## **Workout:**

Cable Squat Rows

4×12

Hex Bar Deadlifts

4×12

Donkey Kicks w/ band resistance

4×15 each leg

Weighted Glute Bridges

4×12

Jumping Lunges

4×20 (total)

Weighted Step Ups (Sub Dip Machine Leg Pushdowns)

4×12 each leg

# **Eva Longoria Workout: Running and Yoga/Pilates**

**You have a couple options here.**

You can go on a long distance run and make that your entire day (shoot for 3-5 miles), or you can break it up a bit and choose some other options.

If you'd like to hit a class and do some yoga or Pilates for an hour, that's more than okay.

If you'd like to do a yoga or Pilates video at home, pair that with a nice 20-30 min run and shoot for half of your normal long distance (think 1.5-3).

## **Eva Longoria Workout Routine: Weight Training Day Two**

**Warm Up:**

10-15 Minute Jog

**Workout:**

Machine Pulldowns

4×12

Kettlebell Swings

4×12

Cable Pullthroughs

4×12

Weight Sled Pulls

4×12

**Core Work:**

PVC Spinal Twists

4×12

Forearm Planks

4×60 seconds

## **Eva Longoria Workout: Running and Yoga/Pilates**

**Again, you have a couple options here.**

You can go on a long distance run and make that your entire day (shoot for 3-5 miles), or you can break it up a bit and choose some other options.

If you'd like to hit a class and do some yoga or Pilates for an hour, that's more than okay.

If you'd like to do a yoga or Pilates video at home, pair that with a nice 20-30 min run and shoot for half of your normal long distance (think 1.5-3).

## **Eva Longoria Workout Routine: Weight Training Day Three**

**Warm Up:**

10-15 Minute Jog

**Workout:**

Machine Shoulder Press

4×12

Battle Ropes

4×30 seconds

Dumbbell Thrusters

4×12

Bench Press on Stabilizer Ball

4×12

Kettlebell Upright Rows

4×12

Dumbbell Deadlifts (Light)

4×12