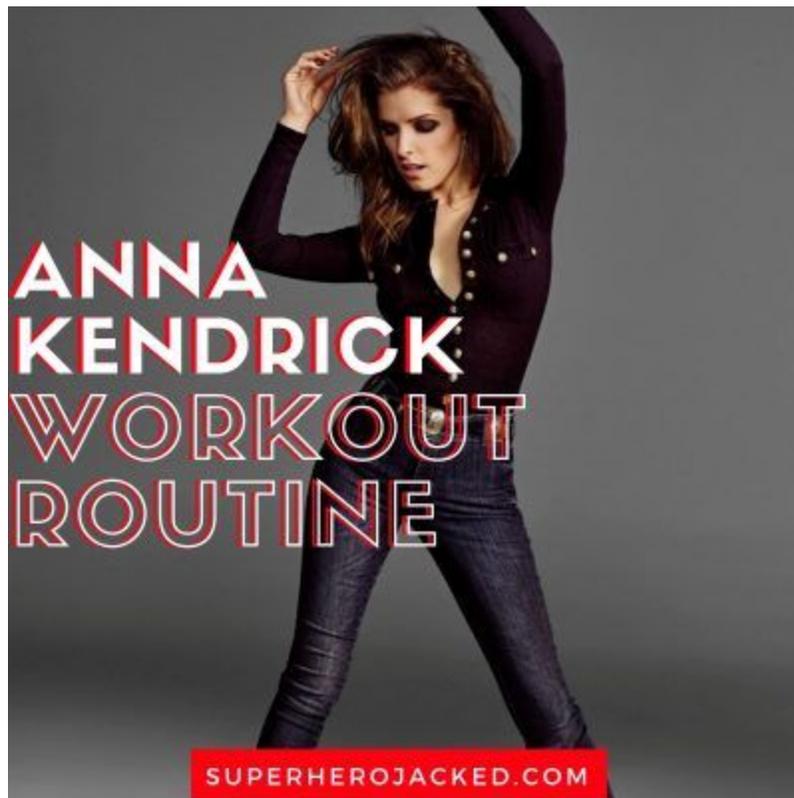


ANNA KENDRICK WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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ANNA KENDRICK WORKOUT ROUTINE

Training Volume:

3-4 days per week

Explanation:

Anna Kendrick specifically mentions trying to stick to 3-4 days of training per week. We're going to build a mock schedule of how this could look, and then I'll share all your options for training!

Anna Kendrick Workout: Mock Weekly Schedule

Monday: Hiking or Pilates

Tuesday: Hiking or Pilates

Wednesday: Off Day

Thursday: Hiking or Pilates

Friday: Off Day OR Hiking or Pilates

Saturday: Off Day or Get Active

Sunday: Off Day or Get Active

Anna Kendrick Workout: Vigorous Walking Like Kendrick

Kendrick says that she tries to train at least one hour a day.

So when I mention hiking I'm actually talking about at least an hour worth of cardio either on a hike, or a decently fast paced walk around your area.

If you must, like Kendrick has to sometimes, you can also turn this into an incline walk on the treadmill (3-4 mph and 5-10 incline).

Another option for Kendrick's training consists of hitting a local class for Pilates or some kind of full body training in a 60+ minute class training session.

Anna Kendrick Workout Alternative Options

You can choose to step it up a notch and turn your treadmill cardio into some format of HIIT training that we've shared on other workouts on the site, or even add in some yoga or Pilates at home after some of your vigorous walking.

Another way to step it up a notch is to keep track of your daily walking like [Ariana Grande](#) does, making sure you hit that 10,000 step mark every single day.