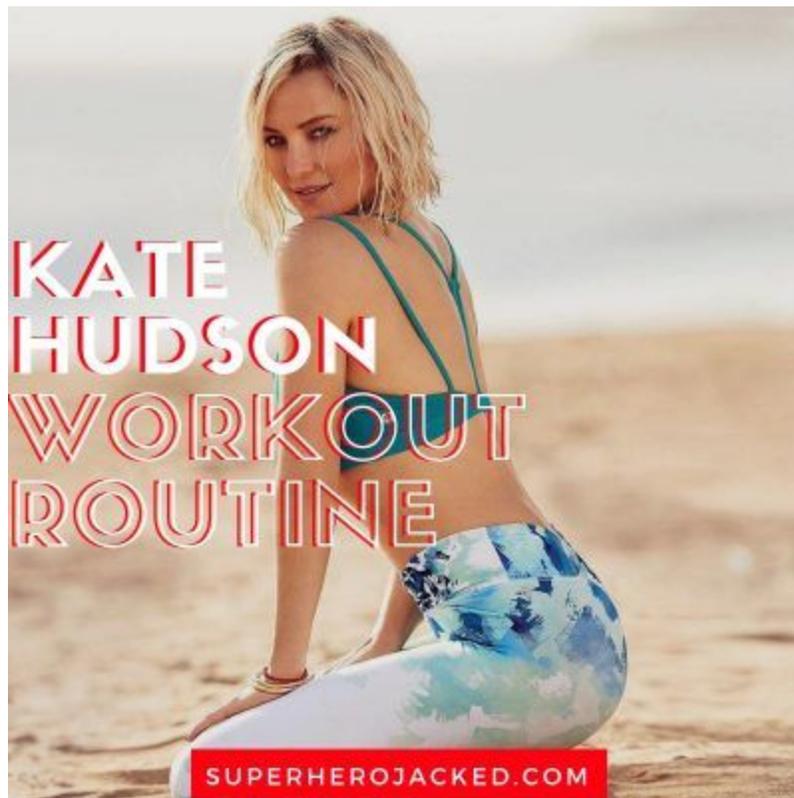


# KATE HUDSON WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# KATE HUDSON WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

As I said above I'm going to be sharing a number of workouts that we've seen in the past from Hudson's trainers that she works with, as well as the number of activities that Hudson loves to utilize to stay in shape. Her workout is diverse and ever-changing so it's important to not become complacent and realize that just because I'm sharing a few days of training from her trainer (and I'll also be sharing Shape's take on Hudson's Pilates movements), that doesn't mean you can neglect the TONS of other activities that Hudson does.

## Explanation Part Two:

Although this routine is going to seem intense and awesome, it's much more awesome if you actually take part in the other activities that I'll be listing for Hudson's training. Get outside, get in classes, switch it up, and have fun!

## Kate Hudson Workout: Kate's Favorite Activities

I gave you a full list of activities that Hudson likes to take part in, but I'm going to tell you again.

- Pilates
- Running
- Hiking Outdoors
- Dancing

- Cycling
- Bootcamps (like “Barry’s Bootcamp”)
- Dancing (and classes)
- Cycling
- Yoga

I think the most prominent are Pilates, running, and yoga, but Hudson really loves to get out there and have fun with her workout.

She shares pics of her outside biking, hiking, and doing all sorts of activities and at one point she even paired up with a dance instructor to take her dance workouts to the next level.

## **Kate Hudson Workout: Tracy Anderson Inspired Training**

Of course if you can hop into a Tracy Anderson class that would be amazing.

But we’re also lucky enough to have some videos that Tracy has done.

Here’s a couple links you can utilize for an on-the-go workout:

- 10 Minute Workout: <https://youtu.be/gbMr8i9p1KM>
- 30 Min Metamorphosis Days 1-10: <https://youtu.be/JIFJiwazZbo>

## **Kate Hudson Workout: Body by Simone Inspired Circuits**

**Day One Circuits:**

**Circuit One:**

*3 Rounds for Time*

10 Box Jumps

20 Mountain Climbers

10 Jumping Lunges

**Circuit Two:**

*2 Rounds for Time*

10 Knee Push Ups

20 Burpees

60 Second Plank

**Circuit Three:**

*1 Round for Time*

40 Calorie Run, Bike or Row

30 Air Squats

20 Light Clean and Press

10 Kettlebell Deadlift

**Day Two Circuits:**

**Circuit One:**

*Run this 3 Times Through*

10 Weighted Step Ups

20 Mountain Climbers

10 Pistol Squats

**Circuit Two:**

*21-15-9 (First Set 21 reps, Second 15 reps, Third 9 reps)*

Push Ups or Knee Ups

Burpees

**Circuit Three:**

*EMOM (Every Minute on The Minute)*

10 Double Unders

10 Push Presses

**Day Three Circuits:**

**Circuit One:**

*3 Rounds for Time*

10 Jump Squats

20 Mountain Climbers

10 Weighted Lunges

## **Circuit Two:**

*2 Rounds for Time*

10 Plank to Push Up

20 High Knees

60 Jump Rope

## **Circuit Three:**

*1 Round for Time*

40 Calorie Run, Bike or Row

30 Air Squats

20 Pushups

10 Burpees

## **Kate Hudson Workout: Shape Magazine's Take on Hudson's Pilates**

**How it works:** Three to five times a week, do each exercise in order.

**Total Time:** up to 15 minutes

**You will need:** Mat

### **1. Roll Up**

**A.** Lie faceup with arms extended overhead, palms facing ceiling. Extend legs with heels together and toes turned out. Exhale as you raise your arms over your chest.

**B.** Pull your abs in, and roll up to seated.

**C.** Continue until you're bent over your legs reaching your hands forward. Inhale, then exhale as you reverse the sequence to return to starting position.

**Sets:** 1

**Reps:** 5

## **2. Double-Leg Stretch**

**A.** Lie faceup with knees bent over your hips, heels together and toes pointed. Lift your shoulders and extend your arms on either side of your legs, palms facing each other. Inhale.

**B.** Exhale as you extend your legs in front of you and bring your arms overhead, palms facing legs. Return to starting position.

**Sets:** 1

**Reps:** 15

## **3. Rond de Jambe**

**A.** Lie on your right side with legs extended and stacked on the floor, feet slightly in front of hips and heels together. Place your hands behind your head or extend right arm and rest head on it. Raise your left leg straight up.

**B.** Then move it in a circular motion in front of you.

**C.** Then move it behind you, and then raise it straight up to starting position. Switch sides to complete set.

**Sets:** 1

**Reps:** 10 per side

#### **4. Hot Potato**

**A.** Lie on your right side with legs extended on the floor, feet slightly in front of hips. Place your hands behind your head or extend right arm and rest head on it. Raise left leg toward the ceiling, then lower it toward the floor in front of right foot.

**B.** Pulse it up and down six times. Raise left leg straight up again, then lower it toward the floor behind right foot and pulse it up and down six times. Do 6 reps, pulsing for 1 count fewer each time. Switch sides to complete set.

**Sets:** 1

**Reps:** 6 per side