

SELENA GOMEZ WORKOUT ROUTINE



Bonus PDF File
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SELENA GOMEZ WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Selena Gomez's workout routine is one that is primarily made up of fitness class type sessions, but we'll also mix in some other activity and I'll give you some other options for when you can't make it into a class or outside for a hike.

Selena Gomez Workout Routine: Primary Training

Selena's primary workouts come in the form of: "cardio, Pilates, and yoga".

For that reason we'll be looking to get into a Pilates and/or yoga class minimum 3 times a week (that means you can do it more if you'd like).

If you can't get into a class, you also have the option to throw on a 30-60 minute YouTube video (there's plenty to choose from) for both yoga and/or Pilates. (We even have some Yoga videos and tutorial sessions in [The Academy's Jedi Path](#))

As for cardio you obviously have a few options:

High Intensity Interval Training (Run 1 min, walk 1 min for 30-60 minutes)

Steady Cardio (Can be varied): Treadmill, Rower, Stair Master and Elliptical are my favorite options for 45-60 minutes

Hiking or Outdoor Activity: Go hiking for at least 30-60 minutes of engage in some sort of sport like tennis or high cardiovascular activity.

Selena Gomez Workout Routine: Secondary Training

Another option I like to give when writing workout routines that revolve around a high activity level and that are, for the most part, cardio-based, is something that [Ariana Grande](#) does.

This option is to track your activity and make sure you're hitting 10,000+ steps a day.

This will help ensure you are staying active enough even when you can't make it to a class or throw on a video to follow along with.