

KELLY RIPA

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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KELLY RIPA WORKOUT ROUTINE

Training Volume:

5-7 days per week

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Kelly Ripa Workout: Sample Weekly Workout Schedule

Monday: Cardio Dance Class or Running

Tuesday: Cardio Dance Class or Running

Wednesday: Rest Day OR Cardio Dance Class or Running

Thursday: Cardio Dance Class or Running

Friday: Cardio Dance Class or Running

Saturday: SoulCycle Class or Rest Day

Sunday: SoulCycle Class or Rest Day

Kelly Ripa Workout: Alternative Options

Kelly Ripa sticks to a pretty basic schedule, but she does switch it up sometimes, including yoga and some other alternatives.

You can use some yoga videos inside The Academy, or you could even utilize YouTube.

You can also take your time with a running schedule to catch up to Ripa by starting out small. Maybe shoot for weekly sessions like this:

Week One: Run 1-3 miles each session

Week Two: Run 2-3 miles each session

Week Three: Run 3-4 miles each session

Week Four: Run 3.1 mile for time (5k)