

# PRIYANKA CHOPRA WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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# PRIYANKA CHOPRA WORKOUT ROUTINE

## Training Volume:

5 days per week

## Explanation:

While Chopra doesn't take training too seriously, she still does get an hour in a day and has also been recently hitting the gym with hubby Nick Jonas. We'll be building her routine around her favorite styles, but also adding in a day devoted to the gym, and another devoted to outdoor running (which she's also been spotted taking part in fairly often).

## 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.

## Priyanka Chopra Workout: Sample Workout Schedule

*Feel free to switch up the actual days that these specific workouts are on. This is simply a sample schedule to show you what a week of training could look like following this plan.*

**Monday:** Yoga/Spin Class/Pilates, etc

**Tuesday:** Full Body Gym Workout A

**Wednesday:** Long Distance Outdoor Run

**Thursday:** Yoga/Spin Class/Pilates, etc

**Friday:** Full Body Gym Workout B

**Saturday:** Off Day or Jog

**Sunday:** Off Day or Jog

## **Priyanka Chopra Workout: Yoga/Spin Class/Pilates, Etc**

This one is pretty straightforward so we'll start here.

Go hit a class. Do it a couple times a week!

If you can't get into a class you can use the Yoga videos in [The Academy](#), or even find some on YouTube!

## **Priyanka Chopra Workout: Long Distance Outdoor Run**

For this you're going to look to upgrade each week, especially if you're adding in some extra jogging.

On Wednesday go long distance and make it look similar to:

Week One: 2-3 miles

Week Two: +.5-1 mile

Week Three: +.5-1 mile

Week Four: +.5-1 mile

Then rinse and repeat.

## **Priyanka Chopra Workout: Full Body Workout A**

### **Warm Up:**

15 Minute Walk/Jog

### **Workout:**

Bulgarian Split Squats

3×12 each leg

Glute Bridges w/ EZ Bar off Bench

3×12

Chest Flyes

3×12

Cable Side Shoulder Raises

3×12

Tricep Cable Kickbacks

3×12

### **Core:**

Forearm Planks

3×60 seconds

Lying Leg Raises

3×20

V-Ups

3×20

## **Priyanka Chopra Workout: Full Body Workout B**

### **Warm Up:**

15 Minute Walk/Jog

### **Workout:**

Goblet Squat w/ DB or KB

3×12 each leg

Weighted Lunges

3×12

Incline DB Press

3×12

Lateral Pulldowns

3×12

Light Arnold Press

3×12

**Core:**

Side Planks

3×30 seconds each side

Hanging Knee Raises w/ Twist

3×20

Cable Crunches

3×20