

PRIYANKA CHOPRA WORKOUT ROUTINE



Bonus PDF File
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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