

# TRACEE ELLIS ROSS WORKOUT ROUTINE



Bonus PDF File  
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# TRACEE ELLIS ROSS WORKOUT ROUTINE

## Training Volume:

3-4 days per week

## Explanation:

Ross tells Health that she trains 3 days a week regularly, but sometimes it's four. I'll be sharing resources similar to Ross' training, and you can also utilize The Tracey Anderson Method if you're really looking to step it up a notch and replicate Ross!

## 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.

## Tracee Ellis Ross Workout: Sample Workout Routine Schedule

**Monday:** Tracey Anderson Method

**Tuesday:** Active Rest Day

**Wednesday:** Tracey Anderson Method

**Thursday:** Active Rest Day

**Friday:** Tracey Anderson Method

**Saturday:** Rest Day

**Sunday:** Bonus Training Day [Optional]

## **Tracee Ellis Ross Workout: Tracey Anderson Style**

*This workout is not Tracey Anderson's but it is similar to her style of high intensity and resistance training.*

*Below I will add links to some of Tracey's videos that you can follow along with. Anderson mixed music and dance with her style, so if you're looking for the real deal you can check out the YouTube Videos!*

### **Warm Up:**

2×50 High Knees

2×50 Jumping Jacks

### **Workout:**

*Complete 5 Rounds*

20 Jumping Lunges

20 Donkey Kick Alternating Legs

20 Alternating Superman (Opposite Arm/Leg)

20 Fire Hydrants Alternating Legs

20 V-Ups

20 Jump Ropes

20 Jump Squats

### **Tracey Anderson Videos:**

- [10 Minute at Home Workout](#)
- [15 Minute Full Body Workout](#)

### **Alternative Training Options:**

There are tons of other ladies who have awesome circuit style training all over SHJ that you can throw in here as well.

*Here are a couple recommendations of where to get started:*

- [Kristen Bell Workout Routine](#)
- [Emma Watson Workout Routine](#)

### **Tracee Ellis Ross Workout: Active Off Day**

**While sleep and recovery is extremely important, Tracee Ellis Ross is still extremely active.**

*Not just the hours on set, but also her lifestyle.*

A few days a week you can (and probably should) devote some time to being active.

Here are some alternative active off day ideas:

- Hiking
- Dancing

- Walking/Running
- Biking/Rowing
- Sports (Tennis, Basketball, etc.)