

LANA DEL REY

WORKOUT ROUTINE



SUPERHEROJACKED.COM



Bonus PDF File
By: Mike Romaine

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LANA DEL REY WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

Lana Del Rey's training seems to mainly come from classes. She mentioned wanting to hire a personal trainer but it doesn't seem she has done that just yet and seems to be opting for spin class and outdoor activity as the bulk of her training schedule right now. For that reason I wrote up a quick mock schedule for you guys to look at below but the gist is really 3+ days of spin per week and then random activity either outside or by tracking your steps to stay active like Lana!

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.

Lana Del Rey Workout Routine: [Mock] Weekly Schedule

Monday: Spin Class

Tuesday: 10,000 Steps Tracked or Random Outdoor Activity

Wednesday: Spin Class

Thursday: 10,000 Steps Tracked or Random Outdoor Activity

Friday: Spin Class

Saturday: 10,000 Steps Tracked or Random Outdoor Activity

Sunday: Rest Day

Lana Del Rey Workout Routine: Great Alternative Training Options

[Maggie Q Workout Routine](#)

[Jennifer Aniston Workout Routine](#)

[Katheryn Winnick Workout Routine](#)

[Lucy Hale Workout Routine](#)

[Gigi Hadid Workout Routine](#)