

Jessica Alba Workout

Whether filming on a movie set for 16 hours a day, promoting The Honest Company brand, engaging in charity work, or being a mom of three children, there is no arguing Jessica Alba leads a busy life.

She prioritizes clean eating and working out. Many health benefits come with eating healthy and exercising, including high energy levels, undoubtedly necessary for someone with Jessica Alba's schedule.

“When I work out, I have energy and feel good about myself” - Jessica Alba.

Quick Summary

Prioritize incorporating exercise into your schedule. Sometimes you have to make the time to do it, like getting up a half-hour earlier.

Variety and working out with friends are essential to keep exercise fun and engaging. Don't forget loud music!

Implement a healthy diet and exercise to affect the mind and body positively.

Jessica Alba Stats

- **Born:** April 28, 1981
- **Height:** 5'7"
- **Weight:** 123 lbs
- **Waist:** 24 inches
- **Chest:** 34 inches

[Jessica Alba \(@jessicaalba\) • Instagram photos and videos](#)

Jessica Alba's Workout Routine

Jessica Alba incorporates variety into her exercise plan because she does not like repetition. Her routine includes:

- Strength training
- Cardio
- Core
- Crossfit

Some of her favorite activities include:

- Biking
- Sculpting Hot Yoga Class
- Spinning
- Dance
- Martial Arts

Here is an example of Jessica Alba's weekly workout routine:

● Monday: Upper Body

- Dumbbell Bench Press - 20 reps
- Dumbbell Incline Bench Press - 20 reps
- Dumbbell Flys - 20 reps
- Sprint 30 seconds / Jog 30 seconds (Medium grade)
- Dumbbell Bench Press - 20 reps
- Dumbbell Incline Bench Press - 20 reps
- Tricep Kickbacks - 20 reps
- Jog 2 minutes / Run 6 minutes / Jump Rope 2 minutes (High Grade)
- V-Ups - 20 reps
- Bicycle Crunches - 20 reps

● Tuesday: Lower Body

- Jog 2 minutes / Step-Ups 6 minutes / Jog 2 minutes
- Forward Lunge with Dumbbell Bicep Curl - 20 reps
- Squat Thrust - 20 reps
- Squat Press - 20 reps
- Sprint 30 seconds / Jog 30 seconds
- Walking Lunge with Dumbbell Bicep Curl - 20 reps

- Squat Thrust - 20 reps
- Squat Press - 20 reps
- Ab Crunches - 20 reps
- Bosu Ball Knee Tucks - 20 reps
- Forearm Planks 30 seconds - 3 sets

● **Wednesday: Back**

- Stair Climbing Slow 2 minutes / Fast 6 minutes / Slow 2 minutes
- Dumbbell Rows - 20 reps
- Bent-over Dumbbell Flys - 20 reps
- Dumbbell Lateral Raises - 20 reps
- Dumbbell Rows - 20 reps
- Bent-over Dumbbell Rows - 20 reps
- Dumbbell Lateral Raises - 20 reps
- Stair Climbing Slow 2 minutes / Fast 6 minutes / Slow 2 minutes
- V-Ups - 20 reps
- Bicycle Crunches - 20 reps
- Twisting Plank - 20 reps

● **Thursday: Upper Body**

- Dumbbell Bench Press - 20 reps
- Dumbbell Incline Bench Press - 20 reps
- Dumbbell Flys - 20 reps
- Dumbbell Bench Press - 20 reps
- Dumbbell Incline Bench Press - 20 reps
- Triceps Kickbacks - 20 reps
- Ab Crunches - 20 reps
- Bosu Ball Knee Crunches - 20 reps
- Forearm Planks 30 seconds - 3 sets

● **Friday: Lower Body**

- Forward Lunge with Dumbbell Bicep Curl - 20 reps
- Squat Thrust - 20 reps
- Squat Press - 20 reps
- Walking Lunge with Dumbbell Bicep Curl - 20 reps
- Squat Thrust - 20 reps
- Squat Press - 20 reps
- V-Ups - 20 reps
- Bicycle Crunches - 20 reps
- Twisting Plank - 20 reps

“If you don’t feel the intensity, then you’re not pushing yourself” - Ramon Braganza, Fitness Trainer.

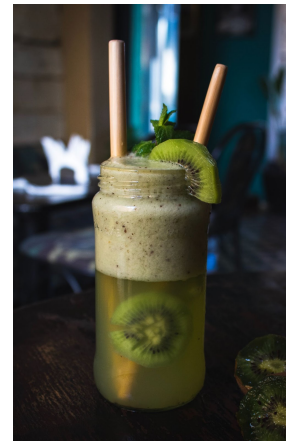
Jessica Alba’s Workout Principles

Jessica Alba enjoys taking group classes and working out with friends.

Create an awesome playlist to keep you engaged during your workout. Jessica Alba prefers West Coast rapper tunes. Her blaring workout playlist is usually more hip-hop than pop music, incorporating new artists frequently along with favorites like Jay-Z.

Don’t think about the workout while you are working out. Distract yourself.

Anything where I have to do something, but I can get my mind off of doing it, that’s so much better for me than anything that’s repetitive. Or the music has to be loud, and I have to be moving,” - Jessica Alba



Constantly switch things up. Jessica does not enjoy repetitive workout routines. She keeps her workouts fun and motivating by rotating between:

- High-Intensity Workouts (HIIT)
- Weight Training
- Cardio Training
- Yoga
- Dance Classes
- Resistance Training

Jessica Alba’s Diet Plan

Jessica Alba’s diet focuses on eating organic fruits and vegetables, proteins, and healthy fats. Here is a sample of her daily menu:

Breakfast: Smoothie made with almond milk and drink coffee

Lunch: Lean protein, healthy fats, green vegetables, and fiber

Dinner: Healthy Salad

Jessica Alba' Diet And Nutrition Principles

Indulge yourself! You want an ice cream sundae, eat it! Everyone has that guilty pleasure, and that is ok! For Jessica, that is nachos.

Healthy snacks are an essential part of her diet. She and her kids love popcorn with coconut oil and Himalayan sea salt for a healthy snack.

She believes breakfast is essential. Most of the time, that consists of a smoothie made with almond butter and coconut water, but her favorite breakfast is avocado toast and poached eggs.

Stay hydrated! She drinks coffee, tea, and coconut water.

Jessica Alba believes that staying hydrated, getting enough sleep, and eating a balanced diet is essential to sustain excellent overall health. Increased energy levels, positive emotions, and glowing skin are just a few benefits she attributes to this lifestyle.

Jessica Alba's Supplements

Vitamins.

FAQs

What workout does Jessica Alba do? Her workout routine rotation includes Pilates, HIIT, & Yoga, and Spin classes.



Sculpting Hot Yoga Classes

One of Jessica Alba's favorites, this workout routine combines strength training with light weights, cardio and traditional yoga poses in a heated environment.

This approach benefits your mind and body, including burning calories, increasing flexibility, and yoga's mindful aspect.

Does Jessica Alba lift weights? Yes, lifting weights is part of her workout routine. However, she does say resistance bands can offer a challenge if you do not want the added weight.

What does Jessica Alba eat in a day? In a day, Jessica eats a variety of nutritious foods including almond butter shakes, roasted veggies, Zico coconut water, and hummus with vegetables. Jessica focuses on natural things, staying away from unnatural sugars, fried foods, and dairy.

She will, however, put hot sauce on just about anything!

“Working out takes away that little edge so that I feel happier and more productive, and my brain can get kick-started” - Jessica Alba.

Ready To Get Kick-Started like Jessica?

Keep your workout routines fresh and challenging. Rotate between upper body, lower body, yoga, HIIT, and spinning. Even the simplest activities like walking or jumping jacks are great ways to just get yourself moving.

Combining a variety of exercises with a healthy diet and plenty of rest is the key to weight loss, building muscle, or just taking the edge off in a busy life. Are you ready?

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