

Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts



✘ If you are an all-American athlete or if you're ready to get off your spot on the couch, there are some amazing new workouts that can burn calories and still be fun. Unless you have been living under a rock, you may have noticed that there are certain workouts that celebrities tend to be drawn to.

Here are a few of the most popular celeb-approved workouts.

Boxing

Boxing is an incredible aerobic exercise one that will get you sculpted and in fighting shape in no time. Although you might not be able to stand your ground against the [top-tier professionals and amateurs](#) any time soon, practicing boxing will strengthen your muscles and bones, improve your coordination, and relieve stress – plus, it burns a lot of calories in a short amount of time! Check out [Garage Gym Builder](#) which has a plethora of fitness equipment, accessories, and clothes to get you in shape.

Many of the top celebrities utilize boxing to keep them in red carpet shape. The energetic and strength-training exercises keep you sweating while enjoying yourself. It's a workout that will ensure that you keep coming back for more. If you'd rather work with a trainer than workout solo, you can choose to work directly with a trainer that will give you workouts to build your strength and agility. On the other hand, if you

like to be accountable to a group, you can join a boxing class that works together and builds each other up.

You can easily find [certified professionals](#) that can train you and keep you accountable. They're that person that you never had but didn't know you always needed. They will get you in celebrity shape and ready for an occasion.

Crossfit

Crossfit is a high-intensity, strength-building workout that will make you fit and strong for life. The team atmosphere creates not just accountability, but also the tools necessary to keep you coming back for more. Models like Ashley Graham, Karlie Kloss, and Hailey Bieber are just a few that frequent crossfit. If you want to step into shape like them, crossfit is definitely the way to go. It's a great way to get fit but build outstanding muscle strength.

No matter what level you start out at, the workouts are tailored to fit your style and abilities. You will be able to set goals to increase your strength and fitness. Still, many people can find crossfit intimidating. But, in truth, crossfit is its' own community that will welcome you with open arms. They take pride in your accomplishments and lift you up in defeat. This is a type of workout that creates a new family – a gym family.

Cycling

This is not your everyday cycling or spin class we're talking about. You need to try [Soulcycle](#). Soulcycle is a popular form of your average spinning class that amps up the entertainment and fitness. This sweat-dripping cycling class will build your endurance while keeping you entertained. Each class features different music that keeps you rockin' to the beat with every press of the pedal.

Kelly Ripa and Lea Michelle are a couple of the big names that

frequent Soulcycle. So if you want to get in camera-ready shape, Soulcycle is the workout for you. With outstanding instructors that have the perfect workout to each song, you may find yourself feeling like it's less of a workout and more of a party.

Trending workouts come and go, but these seem to be the most popular workouts that plan to stay. With classes all over the world for each of these popular workouts, you can get started on your celebrity body as soon as possible. Boxing will keep you fit and trained as close to a professional as you can achieve. Crossfit will build your strength and connect you to a strong community. Soulcycling will build your endurance and train your body and mind while you cycle to some of your favorite artists. Whatever your flavor or desire, you can find the right workout to get you into celebrity shape and the best version of yourself.