

# Taylor Swift

## UPPER BODY WORKOUT

### CORNELIA STREET (4:48)

- (12) BICEP CURL
- (12) SHOULDER PRESS
- (12) UPRIGHT ROW

### DEATH BY A THOUSAND CUTS (3:18)

- (12) PUSH UP
- (12) RENEGADE ROW
- (12) CHEST PRESS

### I THINK HE KNOWS (2:53)

- (12) LATERAL RAISE
- (12) TRICEP KICKBACK
- (12) REAR DELT FLY

### CRUEL SUMMER (2:59)

- (12) SKULL CRUSHER
- (12) WIDE CURL
- (12) SUPERMAN

### PAPER RINGS (3:42)

- (12) HAMMER CURL
- (12) ARNOLD PRESS
- (12) TRICEP DIP

### MISS AMERICANA (3:54)

- (12) PULLOVERS
- (12) FRONT RAISE WITH 1 DUMBBELL
- (12) TRICEP PUSH UPS

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## LOWER BODY WORKOUT

### LAVENDER HAZE (3:23)

(12) SUMO SQUAT

(12) WALKING LUNGES

(12) RDL

### MAROON (3:38)

(12) SQUAT

(12) REAR LUNGE LEFT

(12) REAR LUNGE RIGHT

### ANTI-HERO (3:20)

(12) STATIC LUNGE RIGHT

(12) STATIC LUNGE LEFT

(12) SQUAT AND HOLD FOR 5  
SECONDS

### VIGILANTE SHIT (2:45)

(24) LATERAL STEP

(24) LATERAL WALK

(12) BANDED GLUTE BRIDGE

### BEJEWELLED (3:14)

(12) JUMP SQUAT

(15) DONKEY KICK RIGHT

(15) DONKEY KICK LEFT

### KARMA (3:25)

(20) BANDED SQUAT WALK (SIDE TO  
SIDE)

(12) HIGH PLANK LEG LIFTS

(12) BANDED GLUTE BRIDGE WITH  
ABDUCTION

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## CARDIO WORKOUT

<p><b><u>...READY FOR IT? (3:29)</u></b></p> <p><b>(12) WALKOUT PLANK AND JUMP</b></p> <p><b>(20) JUMPING JACKS</b></p> <p><b>(12) BURPEES</b></p>	<p><b><u>GETAWAY CAR (3:53)</u></b></p> <p><b>(20) HIGH KNEES</b></p> <p><b>(12) FROG HOPS</b></p> <p><b>(12) SUPERMAN</b></p>
<p><b><u>I DID SOMETHING BAD (3:58)</u></b></p> <p><b>(12) PLANK JACKS</b></p> <p><b>(12) SKATERS</b></p> <p><b>(20) JUMP SQUATS</b></p>	<p><b><u>KING OF MY HEART (3:34)</u></b></p> <p><b>(20) REVERSE LUNGES</b></p> <p><b>(12) UPPERCUT PUNCH</b></p> <p><b>(20) JOG IN PLACE</b></p>
<p><b><u>LOOK WHAT YOU MADE ME DO</u></b></p> <p><b>(3:31)</b></p> <p><b>(20) MOUNTAIN CLIMBERS</b></p> <p><b>(20) BUTT KICKS</b></p> <p><b>(20) SQUAT TO ALTERNATING KICK</b></p>	<p><b><u>THIS IS WHY WE CANT</u></b></p> <p><b><u>HAVE NICE THINGS (3:27)</u></b></p> <p><b>(20) LATERAL SHUFFLE</b></p> <p><b>(12) PLANK SHOULDER TAPS</b></p> <p><b>(20) JUMP ROPE</b></p>

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## FULL BODY WORKOUT

### BLANK SPACE (3:51)

(12) BICEP CURL TO PRESS

(20) BODYWEIGHT SQUAT

(12) PUSH UP

### NEW ROMANTICS (3:50)

(12) FRONT RAISE

(20) SQUAT TO PUNCH

(12) ALTERNATING SHOULDER

PRESS

### STYLE (3:51)

(12) RDL

(12) ALTERNATING LATERAL LUNGE

(12) LATERAL RAISE

### NOW THAT WE DON'T TALK (2:26)

(12) HAMMER CURL

(12) SINGLE LEG DEADLIFT (RIGHT)

(12) SINGLE LEG DEADLIFT (LEFT)

### OUT OF THE WOODS (3:51)

(20) UP AND DOWN PLANK

(12) RENEGADE ROW

(20) JUMPING JACKS

### IS IT OVER NOW? (3:49)

(20) WALKING LUNGES

(12) SQUAT TO PRESS

(12) TRICEP PUSH UP