

Emma Stone Workout Routine & Diet Plan

Meta Description: Discover Emma Stone's workout routine and diet plan for Battle of the Sexes. Learn about her strength training, 300-pound hip thrusts, and nutrition approach.



Alt text: A woman with her hair in a bun performs push-ups while gripping the handles of two blue kettlebells on a gym floor.

Key Takeaways

- Emma Stone gained 15 pounds of muscle for Battle of the Sexes, working with trainer Jason Walsh.
- For La La Land, choreographer Mandy Moore trained Stone and Ryan Gosling separately before pre-production.
- Her post-filming maintenance routine likely includes 2–3 days of strength training with Jason Walsh, plus yoga, rock climbing, and climbing cardio classes.
- During her muscle-building phase, Stone likely consumed 2,500–3,000 calories daily, including two high-calorie protein shakes and protein powder to support recovery from intensive training.

- Building an Emma Stone-inspired home fitness routine requires the [SOLE SW180 Adjustable Dumbbells](#) for strength training, and the SOLE Treadmill for cardio conditioning

How Emma Stone Transformed for Battle of the Sexes

When Emma Stone was cast as tennis champion Billie Jean King in *Battle of the Sexes*, she faced a dramatic physical transformation. She needed to be resilient enough to handle the amount of tennis she would have to play.

The transformation required both dedicated training and nutritional adjustments. She implemented a progressive strength-training program focused on compound movements to build functional strength for tennis movements.

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Emma Stone's Battle of the Sexes Training Program



Caption: Her training emphasized full-body compound movements, including sled pushes and pulls, heavy deadlifts, and hip thrusts, all of which built functional strength.

Alt text: A woman with strawberry blonde hair in a ponytail performs a goblet squat while standing on a small wooden platform, holding a dumbbell at chest level.

Training Frequency

Stone's training frequency increased dramatically compared to her previous film preparations.

For *La La Land*, she had trained three to four days per week with Walsh. For *Battle of the Sexes*, this jumped to five days per week, with two-a-day sessions on several of those days during peak preparation.

The morning sessions focused on complex compound movements, including sled pushes, [squats](#), and [lunges](#). The afternoon sessions targeted secondary muscles for aesthetic refinement and were less taxing on the nervous system.

Primary Exercises

The training program centered on heavy compound movements that stressed the entire body. Sled pushing and pulling formed the foundation of Stone's routine because these exercises engage every muscle from the hands through the feet while requiring single-leg stability throughout the movement.

Stone worked up to impressive numbers across all major lifts. Her hip thrusts reached 300 pounds, her deadlifts climbed to 185 pounds, and she performed farmer's walks carrying 70 pounds in each hand.

Walsh also incorporated push-ups with chains draped across her back and sled work with hundreds of pounds of resistance.

For stability and unilateral strength, Stone performed single-leg squats with 80 to 90 pounds, which developed tremendous core strength and joint stability around the [knees](#). Her front squat reached 100 pounds as well.

Cardio Component

The program maintained approximately a 2:1 ratio of strength training to cardiovascular work, as Stone was naturally lean and did not require excessive cardio for body composition purposes.

One to two days per week, Stone attended Rise Nation classes featuring the VersaClimber, a 30-minute high-intensity climbing cardio session that complemented her strength work without interfering with muscle recovery.

Emma Stone's Maintenance Fitness Routine



Caption: Post-filming, Emma Stone maintains her fitness with 2–3 days of strength training, yoga sessions, rock climbing, and Rise Nation climbing cardio classes.

Alt text: A woman with long brown hair holds an EZ curl bar at shoulder height during a bicep curl, looking off to the side. She wears a dark tank top with printed text.

After completing *Battle of the Sexes*, Stone transitioned from intensive preparation mode to a sustainable long-term fitness approach.

Her maintenance routine consists of two to three days of strength training with Walsh, supplemented by yoga sessions and occasional Rise Nation climbing classes. This balanced approach prevents burnout while maintaining the strong foundation she built during filming.

Rock climbing has become one of Stone's preferred forms of exercise outside the traditional gym setting. She frequents the indoor climbing facility at Chelsea Piers Sports and Entertainment Complex in New York City. Rock climbing provides comprehensive full-body exercise, engaging the forearms, abdominals, glutes, calves, obliques, deltoids, trapezius, and biceps while also developing grip strength and problem-solving skills.

Stone has also worked with LA-based Pilates instructor Mari Winsor, incorporating Pilates-style movements that emphasize core stability, flexibility, and controlled movement patterns. This complements her heavier strength training by promoting mobility and muscle balance.

Emma Stone's Nutrition Approach



Caption: Stone's nutrition during her Battle of the Sexes preparation prioritized caloric surplus through clean, nutrient-dense foods.

Alt text: A healthy diet containing vegetables, shredded chicken, and fish.

Her daily intake ranged from 2,500 to 3,000 calories, consumed through whole foods and supplemental shakes. The emphasis remained on food quality rather than restriction, ensuring she consumed adequate calories without resorting to processed or low-nutrient options.

Protein Shakes

Two high-calorie protein shakes per day helped Stone meet her elevated nutritional needs without the mental burden of constantly eating large meals. The shakes probably contained protein powder as the base, along with spinach for micronutrients, Udo's Oil for healthy fats and additional calories, and Ashwagandha for stress adaptation and recovery support.

Natural Appetite Increase

The intensive training naturally elevated Stone's metabolism and hunger signals. She found herself feeling almost insatiably hungry throughout the preparation period, which made it easier to consume the necessary calories.

When hunger signals are functioning properly and food quality remains high, the body tends to self-regulate caloric intake effectively.

Balanced Approach

Stone maintains a balanced and realistic approach to nutrition outside of role preparation. She understands that occasional indulgences like pizza do not derail her overall health and fitness when the foundation of her diet is nutritious, whole foods.

This sustainable mindset allows her to enjoy life without the stress of rigid dietary restrictions.

Train Like Emma Stone at Home With SOLE Fitness



Caption: SOLE SW180 Adjustable Dumbbells with 16 weight settings enable compound strength movements.

Alt text: A man using SOLE SW180 Adjustable Dumbbells.

Emma Stone's transformation for *Battle of the Sexes* demonstrates what's possible when progressive strength training meets consistent effort and proper nutrition. The good news is that you don't need access to a celebrity trainer or a commercial gym to follow a similar path.

With the right home equipment, you can replicate the core elements of her program and build functional strength on your own schedule. The foundation of Stone's routine centered on heavy compound movements with progressive overload, and the [SOLE SW180 Adjustable Dumbbells](#) make this approach accessible at home.

With 16 weight settings ranging from 5 to 80 pounds, these dumbbells let you perform deadlifts, lunges, goblet squats, and farmer's carries that built Stone's athletic physique. Stone's signature exercise was the hip thrust, which she performed at an impressive 300

pounds. While matching that number takes time, the [SOLE SW116 Weight Bench](#) provides the stable platform you need to master this movement and progress safely.

For the cardio component that kept Stone lean while building muscle, a [SOLE Treadmill](#) offers a practical alternative to specialized climbing classes. Whether you prefer steady-state walking on an incline or high-intensity interval sprints, the commercial-grade motor and Cushion Flex Whisper Deck allow you to train hard while protecting your joints. [The FREE SOLE+ App](#) also tracks progress without subscription fees, creating an integrated system for strength and functional fitness.

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Frequently Asked Questions (FAQs)

How much weight did Emma Stone gain for *Battle of the Sexes*?

Emma Stone gained 15–18 pounds of lean muscle for her role as tennis legend Billie Jean King, going from around 112 to 130 pounds. The transformation took about three months of dedicated training, five sessions per week, and strategic nutrition.

Despite the significant weight gain, her body measurements actually improved because her elevated metabolism from heavy training kept her lean while adding muscle mass. Walsh emphasized that she achieved both strength and aesthetics through this approach.

What exercises did Emma Stone do for *Battle of the Sexes*?

Stone's training program centered on heavy compound movements designed to build functional strength and athletic power. Her routine included hip thrusts up to 300 pounds, deadlifts up to 185 pounds, farmer's walks with 70 pounds in each hand, push-ups with chains on her back, and sled pushes and pulls with hundreds of pounds of resistance.

Walsh also incorporated single-leg squats with 80–90 pounds to develop stability and unilateral strength. The program emphasized full-body movements that stressed every muscle from the hands through the feet.

What does Emma Stone do for fitness when not preparing for roles?

Stone maintains her fitness through a balanced combination of activities that prevent gym burnout. Her typical routine includes two to three days of strength training with Walsh, supplemented by yoga sessions and Rise Nation climbing cardio classes. She enjoys rock climbing at Chelsea Piers Sports and Entertainment Complex in New York City and has worked with Pilates instructor Mari Winsor.

What equipment supports an Emma Stone-inspired fitness routine at home?

Building Stone's combination of strength training, cardio conditioning, and functional fitness at home requires versatile equipment that supports progressive overload and varied

movement patterns. The SOLE SW180 Adjustable Dumbbells with 16 weight settings from 5–80 pounds enable the deadlifts, lunges, carries, and pressing movements that formed the foundation of her Battle of the Sexes training.

[The SOLE SW116 Weight Bench](#) supports hip thrusts, which were one of Stone's signature exercises at 300 pounds, and provides a stable platform for single-leg work and pressing variations.