

Amanda Seyfried Workout & Diet Plan

Meta Description: Discover Amanda Seyfried's weekly strength sessions, regular running, weekend Pilates, and her balanced nutrition approach.



Alt text: A woman lifting a dumbbell while leaning on a bench.

Key Takeaways

- Amanda Seyfried exercises 5–6 days per week with three 45-minute strength training sessions, regular running for cardio, and weekend Pilates classes that help achieve her long and lean physique.
- Her fitness philosophy emphasizes consistency over intensity, typically working out 5-6 days per week with manageable sessions rather than extreme measures.
- Weekend Pilates sessions serve as both physical conditioning and active recovery.
- Her nutrition approach prioritizes moderation over deprivation, focusing on whole foods including lean proteins, vegetables, fruits, and whole grains.
- Building an Amanda-inspired home fitness routine requires the SOLE SW180 Adjustable Dumbbells for strength training, the [SOLE Treadmill](#) for running workouts, and the SOLE Equipment Mat for Pilates sessions.

Amanda Seyfried's Balanced Fitness Philosophy

Amanda Seyfried's fit physique is not the result of extreme measures or passing fitness fads. The actress has developed a sustainable approach to fitness that prioritizes consistency and enjoyment.

Rather than following punishing workouts or restrictive diets, she has found a formula that works with her busy schedule and maintains her health for the long term.

The cornerstone of Seyfried's fitness philosophy is sustainability. This perspective transforms her workout routine from a purely physical pursuit into a comprehensive wellness practice.

What is particularly refreshing about Seyfried's routine is its adaptability. She adjusts her workouts based on her location, schedule, and energy levels, proving that fitness does not require rigid adherence to a single program.

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Amanda Seyfried's Weekly Workout Schedule



Caption: Amanda Seyfried's workout week is structured yet varied, incorporating different forms of exercise to target various aspects of fitness.

Alt text: A woman sitting in an exercise machine.

Three Weekly 45-Minute Strength Sessions

The foundation of Seyfried's physical routine is her three weekly strength training sessions with celebrity trainer Harley Pasternak, typically lasting 40-50 minutes. These focused workouts efficiently build and maintain muscle without requiring excessive time in the gym.

Rather than focusing on heavy lifting, her strength routine emphasizes functional movements and bodyweight exercises that build practical strength for her active lifestyle.

Regular Running for Cardio

Running five times per week, typically for an hour per session, provides cardiovascular benefits that complement her strength training. She appreciates running not just for its physical benefits but also for the mental clarity it provides.

Rather than focusing solely on [high-intensity interval training](#) like some celebrities, Seyfried prefers steady-state cardio sessions that build endurance while managing stress.

Weekend Pilates

Perhaps the most distinctive element of her routine is her dedication to one or two Pilates sessions at the weekend, often at Pure Barre gym in New York. Pilates emphasizes controlled movements that strengthen the core while improving posture and flexibility.

Amanda's Balanced Nutrition Approach



Caption: Seyfried's approach to nutrition mirrors her balanced fitness routine, focusing on nourishing her body with foods that support her active lifestyle.

Alt text: A healthy diet.

Whole Foods Focus

Her diet emphasizes whole foods: lean proteins for muscle maintenance, complex carbohydrates for sustained energy, fresh vegetables and fruits for essential micronutrients,

and healthy fats for overall health. This balanced approach provides the nutrients needed to support her varied exercise routine.

Hydration Priority

Proper hydration supports not just physical performance but also skin health and overall wellbeing. She's consistently seen with water bottles during workouts and daily activities.

No Named Diet Plans

Amanda does not follow a named diet plan or restrictive regimen. Instead, she focuses on balanced nutrition that supports her active lifestyle, avoiding excessive restriction or elimination of entire food groups.

5 Practical Lessons From Amanda's Approach



Caption: Seyfried's fitness philosophy works because it's sustainable, creating a lifestyle approach rather than a temporary fitness fix.

Alt text: A woman lifting an exercise bar.

1. Consistency Trumps Intensity

Rather than pursuing dramatic transformations through unsustainable methods, she maintains a steady routine of manageable workouts throughout the year.

By committing to regular 40-50 minute sessions rather than exhausting two-hour workouts, she's created a routine that fits realistically into her schedule.

2. Mix Different Exercise Styles

Her combination of [running](#), strength training, and Pilates demonstrates the value of a varied fitness approach.

Each type of exercise offers unique benefits, while this variety prevents plateaus and overuse injuries that can occur with single-modality training.

3. Focus on Nourishment Over Restriction

She prioritizes foods that fuel her active lifestyle and support recovery without categorizing entire food groups as off-limits. This positive approach to nutrition complements her balanced fitness routine.

4. Prioritize Mental Wellbeing

She uses physical activity for stress management and emotional balance, recognizing that true health encompasses both mental and physical wellbeing.

5. Find Joy in Movement

Her continued commitment to weekend Pilates sessions suggests genuine enjoyment of this practice. By incorporating activities she looks forward to, exercise becomes a highlight rather than an obligation.

Build Your Amanda-Inspired Routine With SOLE



Caption: Amanda Seyfried's balanced approach combines strength training, running, and Pilates in a sustainable routine that prioritizes consistency over intensity.

Alt text: SOLE SW180 Adjustable Dumbbells.

For home training, the [SOLE SW155 Adjustable Dumbbells](#) enable strength sessions, while the [SOLE SW180 Adjustable Dumbbells](#) with 16 weight settings provide resistance for functional strength exercises.

The [SOLE treadmill](#) with Cushion Flex Whisper Deck supports her regular running routine, reducing joint impact while providing the steady-state cardio she prefers for building endurance and managing stress.

The [SOLE Equipment Mat](#) provides a cushioned, stable surface for Pilates movements, including the hundred, roll-ups, single leg circles, and plank variations. The [SOLE SW116 Weight Bench](#) supports strength exercises requiring back support.

The [FREE SOLE+ App](#) tracks workout progress and provides fitness classes without subscription fees.

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Frequently Asked Questions (FAQs)

How many days per week does Amanda Seyfried exercise?

Amanda typically exercises 5–6 days per week. This includes three 45-minute strength training sessions, regular running for cardio, and weekend Pilates classes. Her schedule demonstrates the importance of consistency while still allowing for recovery.

Does Amanda Seyfried follow any specific diet plan?

Amanda does not appear to follow a named diet plan or restrictive regimen. Instead, she focuses on balanced nutrition that supports her active lifestyle. She prioritizes whole foods including lean proteins, vegetables, fruits, and whole grains while avoiding excessive restriction or elimination of entire food groups.

What type of Pilates does Amanda Seyfried practice?

While Amanda has not specified whether she practices mat-based or reformer Pilates, her weekend sessions likely incorporate elements of both. Mat Pilates builds core strength through bodyweight exercises, while reformer work adds resistance through specialized equipment.

Can beginners follow Amanda Seyfried's workout routine?

Beginners can adopt a modified version of Seyfried's approach by starting with shorter sessions, lighter weights, and simplified Pilates movements. Focus initially on establishing the habit of regular exercise rather than matching her intensity or duration. Begin with two weekly strength sessions, two cardio sessions, and one Pilates practice, gradually increasing frequency and intensity as fitness improves.

What equipment supports an Amanda-inspired home fitness routine?

Building an Amanda-inspired routine at home requires equipment supporting strength training, cardio, and Pilates components. The [SOLE SW180 Adjustable Dumbbells](#) with 16 weight settings from 5–80 pounds provide the resistance needed for her 45-minute strength sessions, enabling exercises like squats, lunges, rows, and presses that build functional strength.