# Celebrity Fitness: Stars Share Workout Secrets and Regimens for Maintaining Physique



**Tom Cruise Flaunts Physique in Majorca**

Tom Cruise, who gained fame for his role in the 1986 movie *Top Gun*, was seen showing off his shirtless physique in Majorca over the weekend. The 60-year-old actor, known for his commitment to fitness, remains in impressive shape. Cruise follows a rigorous five-day workout schedule, blending weight training, cardio, and diverse activities such as fencing and hiking.

**Lenny Kravitz's Unique Workout Routine**

Singer Lenny Kravitz, 59, stirred attention online with a gym video showcasing his muscular physique. Kravitz, who sometimes opts for unconventional gym attire like mesh vests and leather pants, explained this choice is due to his busy schedule, squeezing workouts between other commitments. He maintains a fitness regimen with his trainer, Dodd Romero, and is an advocate for a strict plant-based diet and a high-frequency workout plan.

**Dolph Lundgren's Dedication**

Actor Dolph Lundgren, 66, known for his roles in action films, maintains his physique through a five-day training program focusing on different muscle groups each day. Despite a double hip replacement in April 2017, Lundgren continues to prioritize fitness, aided by his wife and personal trainer, Emma Krokdal.

**Sting's Yoga Practice**

Sting, now 72, attributes his fit appearance to a macrobiotic diet and over three decades of practicing Ashtanga yoga. In 2021, he shared an exercise called the 'perpetual crunch,' giving fans insights into his fitness routine.

**Brad Pitt's Lifestyle Changes**

Brad Pitt, 60, gained early fame from *Thelma & Louise* in 1991 and has made significant lifestyle changes, including switching to a vegan diet and quitting smoking, to maintain his physique. Pitt continues to integrate serious workout routines for film roles, notably for *Fight Club*.

**Simon Pegg's Transformation**

Simon Pegg, 54, significantly transformed his body, dropping 19 pounds in 2019 for a film role. Inspired by his *Mission: Impossible* co-star Tom Cruise, Pegg trained intensely for three months, resulting in a notably leaner physique, which he has maintained.

**Mark Wahlberg's Adjusted Routine**

Mark Wahlberg, 52, previously known for an early 2:30 AM start to his extreme workout regimen, has since adjusted his routine to a more sustainable schedule. He now focuses on balanced meals and a five-day workout plan, contributing to his well-maintained physique.

**Jason Statham's Consistent Fitness**

Jason Statham, 56, began training in martial arts, football, and diving as a teenager and continues to follow a demanding fitness regimen, including gymnastic and Olympic lift training. Statham remains dedicated to maintaining his action star physique.

**Sylvester Stallone's Adaptations**

At 77, Sylvester Stallone has shifted his workout routines from heavy weights to elastic bands to improve flexibility and reduce joint pain. Stallone's dedication to fitness continues, as seen through his active lifestyle on social media.

**Hugh Jackman Prepares for Wolverine**

Hugh Jackman, 55, is preparing to reprise his role as Wolverine in an upcoming *Deadpool* film. He follows a rigorous training regimen that combines weightlifting and high-intensity interval training to achieve his superhero physique.

**Mel Gibson's Fitness Comeback**

Mel Gibson, 68, achieved notable weight loss by working with a personal trainer and adopting a structured diet and exercise plan. This change helped Gibson shed 14 kilograms in eight weeks, improving his overall health and fitness.

The commitment of these celebrities to maintaining their physical fitness and health highlights their dedication to their careers and personal well-being.