

ADAM LEVINE

WORKOUT ROUTINE



BONUS PDF FILE

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Adam Levine

Workout Routine:

Training Volume:

5 days per week

Explanation:

I'm going to be programming you Adam Levine's 20-25 minute circuit that he uses on the road, but a lot of his training is also contingent on his yoga, and staying active throughout the day. His trainer states "he doesn't stop moving"! Implement the circuit as often as possible, and also fit in yoga and activity as well.

The Adam Levine Circuit

Directions

Perform the exercises as a circuit, completing one set for each in sequence without rest in-between. Rest one minute between circuits, and complete six circuits total.

The Circuit

Incline Dumbbell Row x 30 reps

Reverse Lunge x 30 reps

Superman x 30 reps

Adam Levine Daily Activity

Levine's trainer states: "The most important thing about Adam's program is not what he does in the gym, but what he does from the moment he wakes up to the moment he goes to bed: He doesn't sit still." The singer logs at least 14,000 steps a day on a Fitbit tracker, which means he doesn't have to do cardio at the gym.

This means you're going to have to be active!

Utilize cardio, hiking, or any other physical activity you can use to sustain daily.

Adam Levine Yoga

Luckily for you we don't just have yoga articles on the site, we also have a path devoted to yoga in [The Academy](#) with instructional yoga videos for you to take advantage of!

If not, utilize YouTube, or even get out there and take a class!