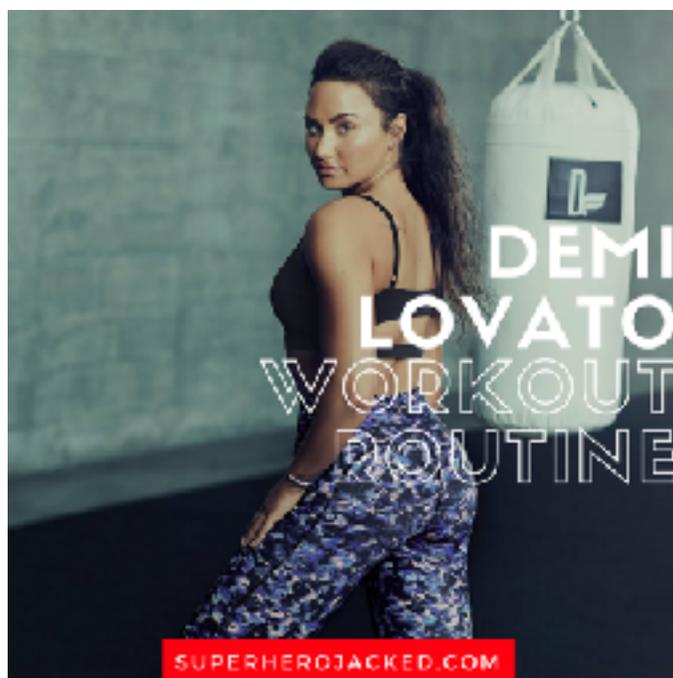


# DEMI LOVATO

## WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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# Demi Lovato

## Workout Routine:

### Training Volume:

6 days per week

### Explanation:

Demi says she trains 6 days per week because she loves it. She varies the training between cardio, weights, MMA, jiu-jitsu, and soul-cycle – so I will be doing the same in the programming. You can follow this in order, or even mix and matched.

## Day One: Upper Body w/ Weights

### Warm Up:

Stretch

15 min bike ride

### Workout:

Dumbbell Bench Press

3×10

Lateral Pulldowns

3×10

Military Press (DB or BB)

3×10

Tricep Kickbacks

3×10

**3 Round Circuit:**

10 Burpees

10 Clean and Presses

10 Inch Worms

10 Sit Ups

## Day Two: Soul Cycle

Lovato mentions using Soul Cycle when she's on the road. This doesn't mean you have to specifically do Soul Cycle, BUT this day is devoted to some cardio.

She varies her training between cardio days and weight days, so there it is.

This is your Soul Cycle day and that can be subbed for biking, or any form of cardio you can get out there and get done!

## Day Three: Upper and Lower Body Split w/ Weights

### **Warm Up:**

Stretch

15 minute elliptical

### **Workout:**

Deadlift

3×10

Arnold Presses

3×10

Weighted Step Ups

3×10

Calf Raises

3×10

### **3 Round Circuit:**

10 Mountain Climbers

10 Snatches

10 Push Ups

10 V-Ups

## Day Four: MMA Training or Jiu-Jitsu

Lovato LOVES MMA, boxing, and jiu-jitsu.

You can jump in [The Academy](#) and work with Coach Derek and use some of the MMA styled training we have there, OR you can get out there and shadow box, hit a heavy/speed bag, OR even take a class.

Either way, get moving today!

# Day Five: Lower Body Split w/ Weights

## **Warm Up:**

Stretch

15 min jog

## **Workout:**

Squat

3×10

Leg Press

3×10

Leg Pushdowns

3×10

Leg Extension

3×10

### **3 Round Circuit:**

10 Jump Squats

10 Front Squats

10 Jumping Lunges

10 Russian Twists

## **Day Six: Mixed Cardio Day**

Lovato says that some days she'll do just an hour of cardio, and some days she'll step it up a notch and do an hour of training AND an hour of MMA.

So today is your mixed cardio day.

You can go out there and do an hour of cardio with some treadmill, elliptical, stair-master, rower, bike...etc. etc., OR you can mix and match it with some more MMA as well.