

# JULIANNE HOUGH

# WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Julianne Hough

## Workout Routine:

### **Training Volume:**

5 days per week

### **Explanation:**

Julianne explains that she tries to workout at least 5 days per week. She makes it part of her routine. I'm going to be programming you five days of workouts that can be utilized day by day, or mixed and matched. The point is to get active and have fun!

## Workout One: Dance Class

You had to know this was coming first... It's Julianne Hough...

Julianne states:

"I'll take a dance cardio class at studios like Body By Simone and Tracy Anderson"

You dance class doesn't have to be at these studios, and it could even be from a tape, but devote this day to dancing!

Have fun with it.

## Workout Two: Tracy Anderson (her trainer) Inspired Workout

### **Warm Up:**

Stretch

800m jog

**Workout:**

Pull Ups (assisted is fine)

3×10

Air Squats

3×15

Knee Ups (or Push Ups)

3×20

**3 Round Circuit:**

20 Jumping Jacks

15 V-Ups

10 Jump Squats

5 Burpees

# Workout Three: Soul Cycle

In that same quote I mentioned earlier for the dance class Julianne finishes with:

“and take David Zint’s class at Soul Cycle!”

So this is your Soul Cycle day.

It doesn't have to be specifically at David Zint's, or even at Soul Cycle, but hop on a bike either outside or at the gym and get some intense, fun cardio in!

# Workout Four: Tracy Anderson (her trainer) Inspired Workout

## **Warm Up:**

Stretch

800m jog

## **Workout:**

Air Squats

3×15

Mountain Climbers

3×25

Side Planks

3×30 seconds (each side)

Butt Lifts (on hands and knees, raise leg bent up behind you)

3×25 (each side)

Light Military Press

3×15

Weighted Lunges

3×10 (each leg)

Planks

3×60 seconds

# Workout Five: Random Fun Activity Day

I mentioned earlier that Julianne is extremely active.

And, that means if you want her physique and you want to train like her...you're going to be too...right?

**So devote this day to some fun activity.**

That could be tennis, trampoline cardio, hot yoga, hiking..or really anything that gets you active and having fun!