

# JULIANNE HOUGH

# WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# 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!