

# MILA KUNIS

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# **Mila Kunis**

## **Workout Routine:**

### **Training Volume:**

3-5 days per week

### **Explanation:**

Kunis steps it up to a consistent 5 when she's training for a role, but the majority of the time she's working out 3 days a week, and staying active the rest.

## **Day One: Stretch, Strength, Circuit, De-Stress**

### **Warm-up:**

10-15 min of stretching or yoga

10-15 min of preferred cardio

(HIIT, Treadmill, Bike, Stairmaster, Elliptical, etc.)

### **Workout:**

Squats

3×10

Military Press

3×10

Weighted Step Ups

3×20 (10 each leg)

Light Shoulder Front Raises

3×10

**Circuit:**

3 Rounds for Time

10 Front Squats@65

10 Pushups

10 Arnold Presses@10

10 Jump Squats

1 minute plank

Break 30 seconds and start next round

**Cooldown:**

5-10 min of yoga or meditation

## Day Two: Activity Day

Like I mentioned earlier, Kunis stays active a lot and cuts back on her training days the majority of the year (when not prepping for a role).

For that reason, you could add in another day of this routine on your activity days, OR you can GET ACTIVE!

Hiking, sports, MMA training (which so many of our celebs love), and so many more options.

## Day Three: Kunis and Trainer Workout from Shape.com

**You'll Need:** A box/step or other raised surface, a TRX Suspension Trainer, a dumbbell, an olympic bar and a medicine ball.

**How it Works:** This workout combines strength and endurance, consisting of six movements done in a circuit for 40 minutes with no rest.

### **STEP 1: Walkover Pushups**

How to do it: Start in a plank position with both hands on a box, step or other raised surface. Step off with one hand moving to the floor and one hand remaining on the box. Do a full pushup and then return to the first position and alternate to the other side. Complete six reps on each side.

Tip: If you're a beginner, try these on your knees.

### **STEP 2: Mountain Climbers**

How to do it: Start in a plank position and then pull one foot up and underneath you so that your knee is at chest level. Alternate foot position rapidly, as if running in place. Complete six reps on each side.

Tip: Keep your butt level and don't bounce up and down.

### **STEP 3: TRX Row**

How to do it: Grab the handles of your TRX (palms turned inwards) and walk down into an inverted prone position. With your back straight and ribcage up, pull your hands to your ribcage from the extended position. Complete six reps.

Tip: You can also lower a bar on a smith machine or a squat rack, climb underneath and do the same thing.

#### **STEP 4: Bootstrapper Squats**

How to do it: Take the handle of a dumbbell in both hands so that they are in an overlapping baseball bat grip. Straighten your arms and forward fold, keeping your legs straight. With both your arms and legs straight, set your elbows on your knees and maintain contact throughout the motion. As if dragging the weight, drop your butt toward your heels and bring the lagging weight up and under your chin. Still with us? That is one rep. Complete six reps.

#### **STEP 5: Stir the Kettle**

How to do it: Hold an olympic bar with both hands and place one end of the bar on the floor into a corner of a wall. Raise the other end of the bar up to chest level and lean into it slightly, still holding it with both hands. Make a big full circle, as if stirring a large kettle (hence the name). Complete six reps in each direction.

Tip: Use a towel so that you don't damage the wall.

#### **STEP 6: Medicine Ball Slam**

How to do it: Hold a non-bouncing medicine ball with both hands over your head. With arms fully extended and feet hip-width apart, slam the ball into the floor. Drop as you go into a full deep and proper squat and catch the ball as it comes off the floor. Bring the ball back to the raised position. Complete six reps.

Tip: If you don't have a medicine ball, a tough basketball or soccer ball will help you learn the movement. Make sure you slam the ball a few inches in front of your feet so the ball doesn't rebound and hit you in the face.

# Day Four: Activity Day

Like I mentioned earlier, Kunis stays active a lot and cuts back on her training days the majority of the year (when not prepping for a role).

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# Day Five: Stretch, Strength, Circuit, De-Stress

## **Warm-up:**

10-15 min of stretching or yoga

10-15 min of preferred cardio

(HIIT, Treadmill, Bike, Stairmaster, Elliptical, etc.)

## **Workout:**

Deadlift



3×10

Dumbbell Bench Press

3×10

Dumbbell Rows

3×15

Light Chest Flyes

3×10

**Circuit:**

3 Rounds for Time

10 Incline Dumbbell Press

10 Pullups

10 Kettlebell Deadlift

10 Dips

1 minute plank

Break 30 seconds and start next round

**Cooldown:**

5-10 min of yoga or meditation