

ZENDAYA

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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Zendaya Workout Routine

Training Volume:

As often as possible.

Explanation:

Zendaya is active daily. She doesn't work out in gyms, but stays constantly active. I'll program you options to keep it fun – but stay active!

I'm going to give an SHJ Day of programming for days you can't get out there and get active, and then I'll also list a Zendaya day!

SHJ Day: Fun Programming

Warm up:

Stretch

15-30 minutes of yoga

Jog 800m

3×10 Knee Push-Ups

3×15 Air Squats

Workout / Circuit:

3 Rounds for Time:

60 second of boxing (heavy bag or shadow boxing)

30 Jump Squats

20 Burpees

10 Sit Ups

20 Inchworms

30 Lunges

Zendaya Day: Fun Activity...DAILY!

The above workout routine is programmed for you when you can't get active like Zendaya with fun activities.

Those can be anything!

Dance, yoga, pilates, cycling, hiking, tennis, etc.

Get out there and save the world!