

# NINA DOBREV

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO** ⚡ **JACKED** 

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# Nina Dobrev

## Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to be giving you some options to utilize. You can use the video above, the Shape exercise that Dobrev utilized with trainer Steve Moyer, and also some options similar to that of Les Mills from Reebok, who loves HIIT training.

## Shape Routine:

### **Steve Moyer's Triple-Threat Workout**

**You'll need:** A medicine ball and exercise mat.

**How it works:** These exercises are excellent for tightening the inner and outer thighs, butt, and core (three common "trouble zones" for women). Do 1 set of each exercise back to back, with no rest between moves. Unless otherwise noted, complete as many reps as you can with proper form (or for up to 60 seconds).

### **Shapely Legs**

**1. Basic Lunges:** Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down). Always engage your core. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee isn't pushed too far beyond your ankle and your back knee doesn't touch the floor. Press through front heel to push back up to the starting position. Repeat on the other side.

**2. Jumping Lunges:** Step forward with your left leg. Explosively push off left foot to jump up, raising arms overhead. Land with both feet together. Repeat on opposite leg.

**3. Walking Lunges:** Consider this a basic lunge with a major boost. Instead of going back to the starting position, you'll step forward and repeat the move with a different leg, and continue walking forward, alternating legs. Add dumbbells to work those biceps too!

**4. Reverse Lunges:** This is similar to the basic lunge but you step back instead of forward.

**5. Squats:** Place feet a little wider than shoulder-width apart, hips stacked over knees, knees over ankles. Roll shoulders back and down away from the ears. Extend arms straight out from shoulders, palms facing down. Initiate movement by inhaling into the belly and unlocking the hips, slightly bringing them back. Keep sending hips back as knees begin to bend. Keep chest and shoulders upright and spine neutral during the entire movement. Let hips squat lower than knees, if comfortable. Engage the core, and exhale while driving through the heels to return to standing. Imagine the feet are spreading the floor (the left foot to the left, right foot to the right) without actually moving the feet.

**6. Medicine Ball Walk:** Place a medicine ball between ankles. Squeeze thighs so that the ball stays off the ground. Take very short steps, keeping feet parallel as if they were on two tracks. Maintain this form and reverse (walking backwards). Again, the toes never bow in or out, feet stay parallel to each other. Feel it in your inner thighs and abs.

### **Tighter Midsection**

**1. Plank Pushups:** Lie facedown on the floor on your stomach. Lift your body off the floor so that you're resting on your forearms and toes, elbows should be bent at 90 degrees. Hold your body in a straight position as you push up into full plank, one hand at a time. Tighten the abdominal muscles and hold this position for 30 seconds to 1 minute. Lower into a pushup by bending elbows to 90 degrees. Keep abdominal muscles tight throughout. Elbows should be close to the sides of body as you lower until chest hits the floor. Inhale as you lift yourself up by straightening arms to resume full plank position. Pause briefly at the top (1-2 seconds) before lowering down into pushup position again. Repeat for 10 to 15 repetitions or until you reach fatigue.

**2. Plank Reaches:** From full plank position, lift right arm and extend it forward at shoulder height as you lift left leg behind you so that it's parallel to floor, toes pointed. Hold for 10 counts, then lower to return to plank. Switch sides and repeat.

**3. Side Planks:** Prop yourself up on right forearm so that you make a straight line from head to heels. Elbow should be directly below shoulder, abdominals gently contracted. Keep hips lifted off the floor and square and your neck in line with spine. Hold 20 to 40 seconds and lower. Repeat on the other side. Do 2 or 3 reps per side.

# HIIT Options like Les Mills Reebok Routine

## **20 Minutes of HIIT Cardio Options:**

Treadmill:

1 min on: Run 5.5-10 mph

1 min off: Walk 2.5-3.3 mph

Rinse and repeat for 20 min

Bike:

1 min on: Resistance 5-10 and RPMs above 100

1 min off: Resistance 1-3 and RPM consistent 30-70

Rinse and repeat for 20 min

## **10 Minute or Less Options (Perform 1-3 of These)**

10 Min or Less Plank and Jump

10 Min or Less Bodyweight Circuit

10 Min or Less Burpee Circuit

10 Min or Less Climb to Core

10 Min or Less Battling Ropes

10 Min or Less Sprints and Bodyweight

10 Min or Less Heavy bag

10 Min or Less Death by Burpees