

# SOPHIA BUSH

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Sophia Bush

## Workout Routine:

### Training Volume:

4 days per week

### Explanation:

Bush trains with her trainer 4 days a week. I'm going to program you one routine from Shape (from one of her trainers), which you'll use 2 days a week, and then a day devoted to either boxing, cardio or yoga, which you'll utilize the other two training days per week.

## Day One (Utilize Twice Per Week): Bush's Trainer Program

### Sophia Bush's Chicago P.D. Workout Routine

**How it works:** This is a five compound exercise circuit repeated three times. Rest one minute between each circuit, after all five exercises are completed.

**You will need:** Dumbbells, half ball, medicine ball, balance ball, mat.

### **Iso-Lunges with Dumbbell Front Raise**

Reps: 15 per leg

Stay in lunge position while performing shoulder front raises (straight arm raise in front).

### **Alternating Reverse Stepping Lunge with Row**

Reps: 20

Using a heavy band wrapped around pole, alternate legs while reverse step lunging and row on the bottom with each step.

### **4-Spot Dumbbell Punching and Pressing while Skipping Over Half Ball**

Reps: 15

Using a half ball (bosu dome), skip side to side as you single arm punch and then vertical press: punch/punch, press/press.

### **Jump Lunging in One Place with Medicine Ball**

Reps: 20

Jump lunge as medicine ball moves side to side over the forward leg.

### **Balance Ball Forearm Bridge Moving Arms Forward and Back and Side to Side**

Perform a perfect forearm bridge on a balance ball and move forward and back (20 times) and side to side (20 times) in tiny movements.

# Day Two: Cardio, MMA/ Boxing, or Yoga (Utilize Twice Per Week)

This day you're going to be utilizing one of the choices above.

That mean's you could either get out there and take a class for the boxing or yoga, or you could even use programming in [The Academy](#).

We have instructional yoga videos, as well as MMA styled training.

BUT, if you're unable to do either, you can always insert 30-60 minutes of cardio in the form of bike, treadmill, elliptical, stair master or row.