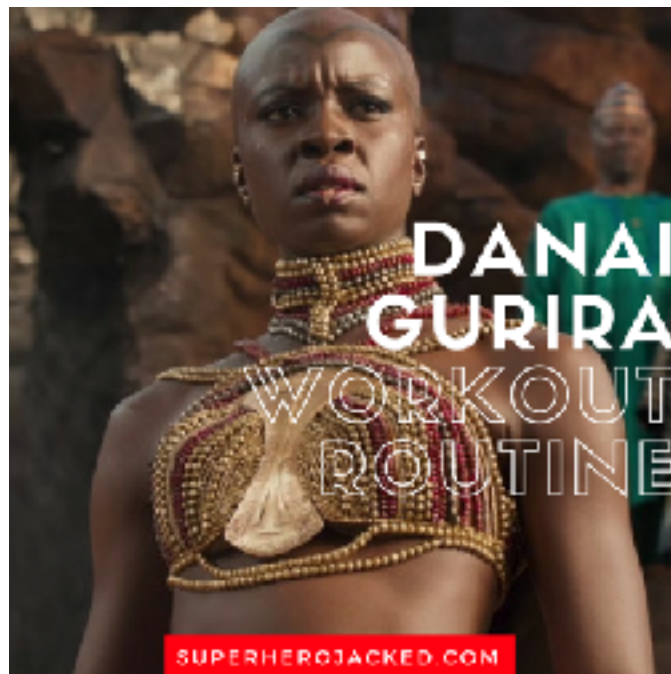


DANAI GURIRA

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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The Danai Gurira Workout Routine:

Training Volume:

5-7 days per week

Explanation:

Danai Gurira LOVES being strong and fit. She thinks there is always enough time for at least a 20 minute workout in the day. She also utilizes a number of different training types so it should be fun for you to be able to get in the workout like her! I'm going to give you a few days of training options to choose from and then you can put them together however you feel fit.

Workout Option Three should be utilized **at least** 2-3 days a week.

Workout Option One: Bodyweight Circuit

Warm Up:

Stretch

800m run

Workout:

5 Rounds for Time

25 Air Squats

20 Mountain Climbers

15 Push Ups (or Knee Ups)

10 Inch Worms

5 Burpees

Workout Option Two: Full Body Workout

Warm Up:

Stretch

800m walk/jog

Workout:

Squats

3×10

Straight Leg Deadlift

3×10

Thrusters

3×10

Jumping Lunges

3×25

Planks

3×60 seconds

Circuit:

3 Rounds Through:

10 Jump Squats

10 V-Ups

10 Push Ups (or Knee Ups)

Workout Option Three: Cardio Day

Danai Gurira has a vast array of different activities she likes to do to get a good amount of cardio in.

I'm going to list a few that you can utilize here:

- **Swim Laps**
- **Tennis**
- **Hiking**
- **Elliptical**
- **Jog**

This day should consist of 60-90 min of combined activity listed above.

Workout Option Four: Pilates and Fitness Tapes

Danai Gurira mentions that there's always time to get in at least a 20 minute workout.

One of her go-to's for getting in a workout is a Jillian Michaels DVD or a pilates class!

Feel free to utilize either of these options from time to time as well.