

# THE JULIANA HARKAVY WORKOUT ROUTINE



**BONUS PDF FILE**

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# The Juliana Harkavy Workout Routine:

## Training Volume:

3-5 days per week

## Explanation:

I'm going to be programming you 3 days of lifting using Juliana's interviews, and her Instagram page. I will also be giving you 2 days worth of boxing and MMA coaching for you to use as well.

## Video Link:

[SHJ YouTube Workout Guide](#)

## Day One: Chest and Triceps

### Warm Up:

Stretch

Jog 800m

## **Workout:**

**\*\*The first three are taken straight from Juliana's Instagram as her "Staples", and the notes she gives about them.\*\***

Cable Press / Cable Twists

3×12

Dead Bugs

3×60

Bench Press

3×12

Tricep Kickbacks (Dumbbells)

3×12

Plank to Pushups

3×20

Skull Crushers

3×12

Dips

3×15 (or failure)

## Day Two: Boxing and MMA Training

**Utilize Boxing and MMA Training Programmed by Coach Derek.**

This can either be from [Daredevil](#), [Deathstroke](#), or even custom within [The Academy](#).

**You can also utilize a HOME workout that Juliana shows programmed on her page:**

1. Curtsy lunges (3×10 each side)
2. Squats (3×10)
3. Forward Lunges (3×10 each side)
4. Sideways Mountain Climbers (you can slide on your socks) (3×10 each side)
5. Forward Mountain Climbers (you can slide on your socks) (3×10 each side)
6. Glute Bridges (3×10)
7. Donkey Kicks (3×10 each side)

\*Stretch\*

Repeat if desired!

# Day Three: Legs and Shoulders

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Squats

3×12

Dumbbell Shoulder Front Raises

3×12

Leg Press

3×12

Power Cleans

3×12

Front Squats

3×20

Glute Bridges

3×12

# Day Four: Boxing and MMA Training

**Utilize Boxing and MMA Training Programmed by Coach Derek.**

This can either be from [Daredevil](#), [Deathstroke](#), or even custom within [The Academy](#).

**You can also utilize a HOME workout that Juliana shows programmed on her page:**

1. Curtsy lunges (3×10 each side)
  2. Squats (3×10)
  3. Forward Lunges (3×10 each side)
  4. Sideways Mountain Climbers (you can slide on your socks) (3×10 each side)
  5. Forward Mountain Climbers (you can slide on your socks) (3×10 each side)
  6. Glute Bridges (3×10)
  7. Donkey Kicks (3×10 each side)
- \*Stretch\*
- Repeat if desired!

# Day Five: Back and Biceps

## **Warm Up:**

Stretch

Jog 800m

## **Workout:**

Deadlifts

3×12

Push Up w/ Dumbbell into Row

3×10-20

Chin Ups

3×12

Bent Over Rows

3×12

Weighted Step Ups and Dumbbell Curls



3×10 (each leg/arm)

Back Extension (weighed if possible)

3×12