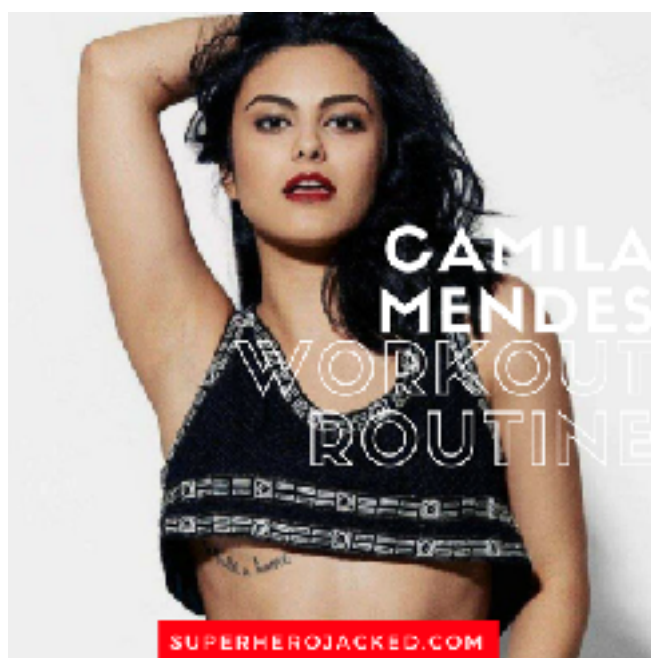


CAMILA MENDES

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine



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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Camila Mendes

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program you 3-5 days per week. Two of these days, like many other women and celebs we see at SHJ, will revolve around just getting active. The other three days are programmed to target specific body-parts. I want you to do this workout for YOU, not for anyone else. Mendes would want to share #BossOfMyBody – so remember that and have fun!

Video Link:

[SHJ YouTube Workout Guide](#)

Day One: Pull Day

Warm Up:

Stretch

20-30 min cardio

Workout:

Kettlebell Deadlifts

3×10

Cable Rows

3×10

Step Up Bicep Curls

3×10 (each leg)

Cable Hammer Curls

3×10

Lateral Pulldowns

3×10

Pull Ups (can be assisted)

3xFailure

Day Two: Activity Day

Get out there and use your fitness.

I tried my best to find out what type of fitness regime Mendes was specifically into by checking out her Instagram page, and one thing I was able to find is that she's definitely active.

She likes getting out there and having fun.

Take today to do the same!

Day Three: Push Day

Warm Up:

Stretch

20-30 min cardio

Workout:

Kettlebell Swings

3×10

Chest Flys

3×10

Tricep Kickbacks

3×10 (each arm)

Light Arnold Press

3×10

Dips (can be assisted)

3xFailure

Push Ups (or Knee Push Ups)

3xFailure

Day Four: Activity Day

Get out there and use your fitness.

I tried my best to find out what type of fitness regime Mendes was specifically into by checking out her Instagram page, and one thing I was able to find is that she's definitely active.

She likes getting out there and having fun.

Take today to do the same!

Day Five: Leg Day

Warm Up:

Stretch

20-30 min cardio

Workout:

Back Squats

3×10

Cable Pullthroughs

3×10

Glute Pushdowns

3×10 (each leg)

Hamstring Curls

3×10

Quad Extension

3×10

Lunges (can be weighted)

3×10 (each leg)