

NICOLE KIDMAN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Nicole Kidman Workout Routine

Training Volume:

3-5 days per week

Explanation:

Nicole Kidman's father was a marathon runner, and she also loves to swim and do spin. So I will program multiple days devoted to those things, but she also mentions sit-ups, so I will be throwing in a day devoted to bodyweight exercises you can use as well.

Option One: Bodyweight Training

Warm Up:

Stretch

20 min walk or light jog

Workout:

Pull Ups (or assisted)

3×10

Lunges

3×10 each leg

Dips

3×15

Sit Ups

3×15

Push Ups

3×20

Air Squats

3×20

Planks

3×60 seconds

Option Two: Running Progression

If you'd like to start getting into some running, it's a good idea to devote a few days a week to it.

Use some simple progression to get started and don't be afraid to start and stop at first!

Try this for a go:

Tuesday: 3 miles

Thursday: 3 miles

Saturday or Sunday: 4 miles

Option Three: Swimming, Spin, and Activity

Kidman also mentioned swimming, spin class, and being extremely active.

If you're not going to be utilizing the bodyweight training or running, I suggest getting active!

Go outside and use your fitness, go for a swim, or get out there to spin class.