

ZOE KRAVITZ

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Zoe Kravitz Workout Routine

Training Volume:

3-5+ days per week

Explanation:

Zoë Kravitz workout is not anything crazy. You could be active 7 days a week and be fine. I actually stay active on my off-days via cardio like walking or hikes or even running. For this reason, I'm programming you one day for her routine that could be turned into 5+, and then I'll add in some alternative options for getting active.

Zoë Kravitz Workout Style:

Warm Up:

10-15 min Stretch

Workout:

30 minute elliptical

Sit-Ups

5×20

Added Information:

Stretch and Sit-Ups can be done separately, as Kravitz states she does these at home sometimes.

Other Activity Options:

This part is extremely important if you're not getting to the gym.

Kravitz also mentions walking around the city and being out and about more often than not. These are things that need to be factored into her activity level.

Do things you enjoy. Go hiking. Play sports. Go surfing.

All heroes should know how to defend themselves.

Just ask MMA Coach Derek in [The Academy](#).

Add in an extra day or two of MMA style training to take your inner Superhero unleashing to a new level.

Also check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

And check out the **Parkour Workout** (Nightrunner) designed by **Academy** member Felix!