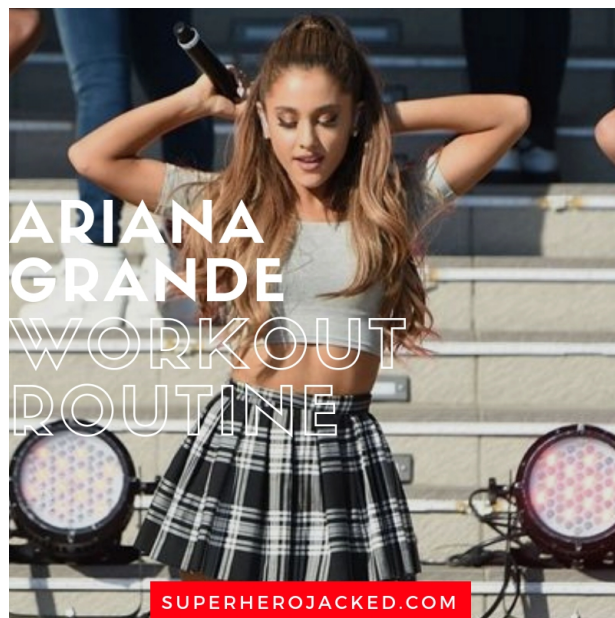


# ARIANA GRANDE WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

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# Ariana Grande Workout Routine

## Training Volume:

6+ days per week

## Explanation:

Grande might not be in a gym setting every single day, but she sure is active every single day! This routine is going to be based around high activity level as much as it is the bodyweight routine we're going to build based on what we've learned from her trainer, Harley Pasternak. You're going to be required to get active 3+ days per week, and on top of that, get in the bodyweight workout 3 days a week as well.

## The Bodyweight Routine (3 days a week)

### Cardio:

12,000-14,000 daily steps

OR

20-30 min varied cardio (treadmill, elliptical, bike)

## **Workout:**

3 Rounds Through (Okay to break 30-90 seconds between each movement, and take a break between each round)

60 walking lunges

60 second pike plank

60 reverse lunges (30 each leg)

60 glute bridges

60 skater lunges

60 second plank hold (in push-up form, not forearm plank)

## **Daily Activity Options (3+ days)**

I understand it's sometimes hard to get outside and walk 12,000-14,000 steps, but that is what is required if you don't fill it in with some other form of activity.

### **Activity Options:**

Hiking, Varied Cardio (30-60 min), Active Sports (60+ minutes),  
Dance Class/Performing

*\*\*Keep in mind, Grande also is a performer and her routines are extremely active.\*\**