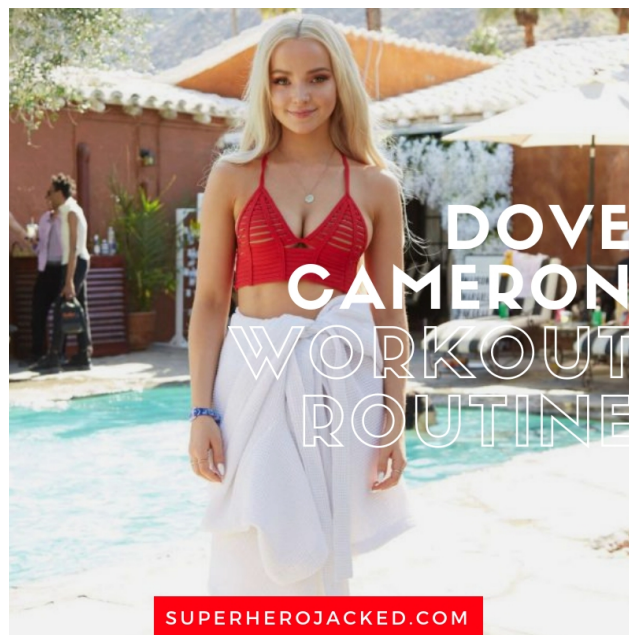


# DOVE CAMERON WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **SUPERHERO**  **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# **Dove Cameron Workout Routine**

## **Training Volume:**

3+ days per week

## **Explanation:**

We're going to utilize Cameron's cardio/booty buster workout 3 days a week. The other days of the week we're going to make sure to track our steps like Ariana (12,000-15,000), OR utilize other forms of cardio, OR some of Coach Derek's mixed martial arts routines (as we know for shows like Agents of SHIELD actors/actresses are often very active and going through other forms of training).

## **Dove Cameron Cardio and Bodyweight Booty Workout**

### **Warm Up:**

Stretch 10-15 minutes (yoga is great!)

### **Cardio Workout:**

20 minute stair master level 10

20 minute bike level 8

10 minute elliptical level 10×10

## **Bodyweight Booty Work**

*\*\*Complete 3 sets of 10-20 reps each movement listed\*\**

Single Leg Donkey Kicks

Single Leg Kickbacks (Straighten Leg)

Glute Bridges

Lunges

**Bonus:**

Side Lunges (or Skaters!)

Air Squats (or Jumps)

Step Ups

**Dove Cameron Cardio, Mixed  
Martial Arts, Yoga**

When you can't make it to the gym, make sure to get moving some other way. Count your steps 10,000-20,000 for the day, go hiking, play sports, or even do some yoga like Cameron!

If not, check out MMA programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix also has bodyweight programming attached to it you should be utilizing on this day.

*\*\*And the Daredevil workout also has some beginner Parkour as well.\*\**