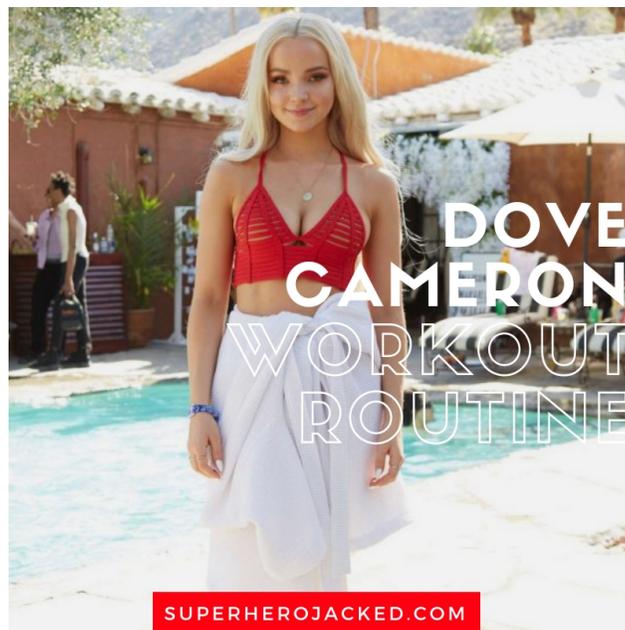


DOVE CAMERON WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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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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.