

JENNIFER LOPEZ WORKOUT ROUTINE



Bonus PDF File
By: **Mike Romaine**

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.

JENNIFER LOPEZ WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

J-Lo likes to mix it up. We'll be incorporating both styles of training from her celeb trainers. I'll program you an upper and lower body split, a sample program from each of her celeb trainers (David Kirsch's will be the full body split we talked about, but both will cover full body splits). You can add in the full body training multiple times a week and on top of that you can add in cardio and other fun activity days to keep yourself active and burning those extra calories!

Jennifer Lopez Upper Body Workout

Stretch

10-20 min Stairmaster

Workout:

Seated Press

3×12

Spider-Man Push Ups

3×12

Kettlebell Swings

3×12

Incline Machine Press

3×12

Tricep Kickbacks

3×12

Bent Over Dumbbell Rows

3×12 each arm

Battle Ropes

3×30 seconds

Jennifer Lopez Lower Body Workout:

Warm Up:

Stretch

10-20 min Stairmaster

Workout:

Back Squats

4×12

Hamstring Curls

3×12

Straight Leg Kettlebell Deadlift

3×12

Weighted Glute Bridges

3×12

Leg Press

3×12

Weighted Step Ups

3×10

Farmers Carry

3×50 ft.

Jennifer Lopez Tracy Anderson Workout:

The first time through the routine, focus on the same side. (The idea is to tire that part of your body out.) The second time through, you'll work the other side, alternating legs/arms where applicable. Step-by-step pointers, courtesy of Tracy Anderson Method:

Move #1: Wide Straddle to Plank

20 reps (same side)

Sit with your legs wide. Bend your left leg in, as you swing your right leg around to go into plank position, with your hands on the floor in front of you. Extend your left leg off the floor, diagonally behind you, to your back-left.

Bend your left leg, and return back to the seated position.

Move #2: Balancing Leg Extension

20 sets (alternating legs)

Face the left side, in crouch position, with your right leg extended straight to the left side. Left arm is by your left thigh, your right hand is on the floor, at your side, holding your body up. Push off the ground to face forward. Repeat for the opposite side, facing toward your right now.

Move #3: Lunge to Bridge

25 reps (same side)

Face forward in a lunge position with your right leg bent in front, and left leg straight behind. Your right hand is on your right thigh; left hand is on the floor. Pull your left leg through to go into a bridge, extending your right arm straight up to the ceiling.

Reverse your left leg to return to the original lunge position.

Move #4: Leg Extension to Knee-Lift in Bridge

25 reps (same side)

Kneel down on all fours. Extend your left leg behind you, then return it back to kneeling position. Lift your right knee and right arm off the ground, turning your body to the right side. Extend your right arm straight up to the ceiling. Lift your left knee to meet right knee. Return your left leg, then right leg to original kneeling position.

Move #5: Sit to Split-Hover

20 reps (same leg)

Face forward, sitting with your legs straight out in front of you. Right leg is crossed over left leg at your ankles. Swing your right leg around, and behind you, to lift up to a split-hover, with both hands supporting at either side. Return to seated position, swinging your right leg around, and crossing it back over your left.

Jennifer Lopez David Kirsch Workout Routine

Complete complete 20 reps of each move.

Wide Stance Squat

Reverse Lunges

Plank on a Medicine Ball – 30-second plank.

Lateral Lunge

Dumbbell Row to Tricep Extension – 10 reps on each side.

Shoulder Taps

Side Planks

Overhead Slams with Medicine Ball

Torso Rotation with Resistance Band

Squat with Row and Bicep Curls with Resistance Band

Tricep Extensions with Resistance Band

Medicine Ball Sit-ups

Weighted Jackknives

Russian Twists

Push-ups with Glider

Pike-up Planks