

MILLA JOVOVICH WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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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.

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MILLA JOVOVICH WORKOUT ROUTINE

Training Volume:

3-5+ days per week

Explanation:

We're going to be training with cardio and resistance training 3 days a week, and then another 2 (or more) days are going to be a mixture of cardio, yoga, mixed martial arts and meditation.

Milla Jovovich Workout: Resistance Training and Cardio Day One

Warm Up:

Stretching or Yoga

Cardio:

HIIT Rower for 20-30 minutes

Workout:

One Arm Kettlebell Swings

3×12 each arm

Cross Behind Lunges w/ Kettlebell

3×12 each leg

Kettlebell Deadlift and Jump at Finish

3×12

Glute Bridges w/ Dumbbell

3×12

Plank to Push Ups

3×12

Trampoline High Knees

3×60 seconds

Trampoline Sprints

3×60 seconds

Milla Jovovich Workout: Long Distance Cardio, Yoga, and MMA

Milla Jovovich also adds in longer cardio formats.

Either go hiking for an hour or two, or hop on the treadmill or some other cardio machine for 60 minutes.

Also try to add in 15-30 minutes of yoga – whether that's taken from [The Academy](#), a class, or even a YouTube video.

Jovovich has also trained with MMA in the past. If you'd like to take advantage of this style of training, we have something for you as well.

Choose a mixed martial arts program below and mix it in certain days:

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.

Milla Jovovich Workout: Resistance Training and Cardio Day Two

Warm Up:

Stretching or Yoga

Cardio:

HIIT Rower for 20-30 minutes

Workout:

Standing DB Overhead Press

3×12

Burpees

3×12

Dumbbell Bench Press

3×12

Dumbbell Deadlift and Jump at Finish

3×12

Push Ups

3×12

Dumbbell Weighted V Ups

3×20

Mountain Climbers

3×25

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Milla Jovovich Workout: Resistance Training and Cardio Day Three

Warm Up:

Stretching or Yoga

Cardio:

HIIT Rower for 20-30 minutes

Workout:

Unweighted Single Leg Glute Bridges

3×12 each leg

Side Plank w/ Twist

3×12 each side

V-Ups

3×25

Plank Rows w/ Dumbbells

3×12 each arm

Bulgarian Split Squats w/ DB

3×12 each leg

Dumbbell Thrusts

3×12

Bench Dips

3×12