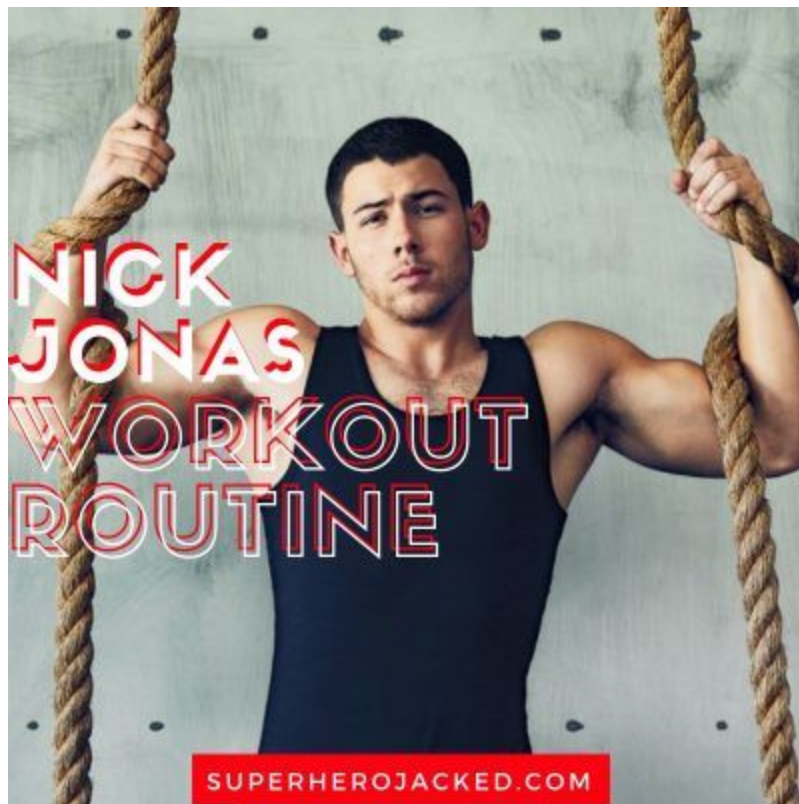


NICK JONAS

WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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NICK JONAS WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

Jonas says he works out 3-4 days a week, which seems like he means in the gym, because he continues to say he's been also trying to get in Hot Yoga with his girlfriend and cardio as additional training methods – so we'll be programming 3 days of weight training, some optional cardio (as Jonas says he does it, but he doesn't enjoy it) and MMA and Hot Yoga!

Additional Jay Glazer Intensity:

We know when Jonas has bulked up or stepped it up a notch in the gym he has taken his workout to different levels. For that reason I will be programming you an extra schedule that turns this routine into a 6 day lifting schedule with added movements and extra abs on top. That will come directly after the main workout, but will revolve around using the 3 day routine, just amplified.

Nick Jonas Workout Day One: Push Day

Warm Up:

Stretch/Foam Roll

15-30 minutes of Varied Cardio:

Treadmill – StairMaster – Elliptical

(I like to do 10-30 minutes on one, or all)

Workout:

Bench Press

5×5

Seated Shoulder Press

3×10

Incline Hammer Strength Press

3×10

Reverse Cable Pushdowns [Triceps]

3×10

Cable Shoulder Front Raise [Single Arm or w/ Bar]

3×10

Dumbbell Overhead Tricep Extensions [Seated or Standing]

3×10

Nick Jonas Workout Day Two: Pull Day

Warm Up:

Stretch/Foam Roll

15-30 minutes of Varied Cardio:

Treadmill – StairMaster – Elliptical

(I like to do 10-30 minutes on one, or all)

Workout:

Deadlift

5×5

Standing EZ Bar Curls

3×10

T-Bar Rows

3×10

Dumbbell Hammer Curls

3×10

Lateral Pulldowns

3×10

Chin Ups [Weighted if possible]

3×10

Nick Jonas Workout Day Three: Leg Day

Warm Up:

Stretch/Foam Roll

15-30 minutes of Varied Cardio:

Treadmill – StairMaster – Elliptical

(I like to do 10-30 minutes on one, or all)

Workout:

Back Squats

5×5

Leg Press

3×10

Leg Press

3×10

Calf Raise [On Leg Press or Seated Machine]

3×10

Hamstring Curls [Or Kickbacks]

3×10

Quad/Leg Extension

3×10

Weighted Lunges

3×10

Nick Jonas Workout: Hot Yoga, Cardio and Mixed Martial Arts

Some sources say that Nick Jonas continues to utilize boxing and other forms of mixed martial arts in his training. This would make sense if he's looking to get in extra forms of cardio without having to hit the gym (as he states it's a necessary evil in his eyes).

For that reason I'll share some of the workouts that [Coach Derek](#) has programmed for us below.

BUT, first I want to remind you that Nick Jonas has also stated he's been doing Hot Yoga. We have yoga videos and text guides within our [Academy](#), but there's also tons of different options on YouTube if you can't make it to a local gym.

Other options of cardio to make up for it if you can't get either of the above in, are varied as programmed in the routine, which you can do for 45-60 minutes instead of the 15-30 we have ON TOP of the workout; or even some other forms of HIIT training. And, of course there's also the great outdoors. Go for a hike, track some walking, play some sports. Get active.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

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

Nick Jonas Workout: Intensity Level Amplified (6 Day Schedule)

Here's what your schedule will look like if you decide to turn this into a six day routine:

Monday: Push

Tuesday: Pull

Wednesday: Legs

Thursday: Off or Cardio

Friday: Push

Saturday: Pull

Sunday: Legs

Monday: Off or Cardio

Tuesday: Push

Wednesday: Pull

Thursday: Legs

Friday: Off or Cardio

Saturday: Push

Sunday: Pull

Etc.

I think you get the hint.

These are also additional movements you can add to each day to step it up even more. Glazer says there's been some days they would train until Jonas could not lift his arms!

Push Day Additional Accessory:

- Chest Fly Variations
- Dips [Weighted if possible]
- Cable Kickbacks
- Upright Rows

Pull Day Additional Accessory:

- Face Pulls
- Rear Delt Cable Flyes
- Shrugs
- Preacher Curls

Leg Day Additional Accessory:

- Glute Bridges
- Cable Pullthroughs
- More Calf Raises

Ab Workout Addition:

- 3×60 Second Forearm Planks
- 3×12 Hanging Leg Raises
- 3×25 Sit Ups

Ab Addition Version Two:

- 3×30 Second Side Planks
- 3×20 Lying Leg Raises
- 3×25 Cable Crunches

Example diet

Breakfast:

– 1 egg and 3 egg whites with sautéed spinach and mushroom. Serve with ½ cup oatmeal and 1 tbsp coconut oil

– 2 chicken sausage patties, 1 cup sweet potato hash, 2 tbsp ghee

– 4 slices turkey bacon, 2 slices toast, 2 tbsp almond butter

Lunch:– Turkey sandwich, 4 oz sliced turkey, 2 slices bread, spinach tomato, mustard and 2 slices cheese

– Chicken salad: 4 oz chicken, romaine lettuce, cucumber, tomato, ½ avocado, and vinaigrette dressing. Serve with 1 small sweet potato

– Fish taco: 4 oz sliced cod 2 tortillas, lettuce, tomato, 2 oz shredded cheese

PM Snack:1 oz almonds and 1 cup baby carrots

Dinner:– 4 oz buffalo burger, 1 cup sweet potatoes, side salad with 2 tbsp vinaigrette

– 4 oz chicken, 1 cup black beans, 2 cups steamed broccoli with 2 oz feta cheese

– 4 oz ground turkey, 1 cup spaghetti squash with 2 tbsp pesto sauce,1 cup shredded carrots

– 4 oz salmon, 1 cup quinoa, 2 cups roasted cauliflower pureed with 2 tbsp olive oil