

# JENNA DEWAN WORKOUT ROUTINE



Bonus PDF File  
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# JENNA DEWAN WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

Dewan stays as active as she can on a daily basis and eats a very healthy diet. She's also a dancer and does it for fun when she's not training; but does try to get to the gym (classes) as often as she can. I'll be writing you a 45 minute workout styled to replicate one of Dewan's intense workouts with her trainer Johnson.

## Jenna Dewan Workout: Dance Cardio and Full Body Burn

### Warm Up:

The best warm up here is to get into it at a slow paced based on whichever form of cardio you're going to be able to do. From the selections in the next part, take it nice and slow to start and work your way up to a quicker, more intense pace.

### 15-20 Minutes of Cardio:

For this section you can choose to dance. Dance is amazing and I believe that's obviously what Dewan would choose.

Have some freestyle fun, throw on a YouTube video to follow along with, or just get moving with some of the other cardio options for the 15-20 minutes:

Treadmill Interval Sprints

Bike Interval Sprints

Rower Interval Sprints

**The Workout 30+ Minutes:**

Now that you've got your blood flowing we can keep that music bumping, but begin to add in resistance bands, medicine balls, ankle weights, sliding disks, and more.

*This one is going to be done in circuit format to keep the flow going, so don't be scared to shake your hips a bit between the movements.*

**Circuit One:**

*Complete 3 Rounds*

Jump Squats x10

Resistance Band Thrusters x10

Resistance Band Tricep Kickbacks x10 each arm

Donkey Kicks with Ankle Weights x10 each leg

**Circuit Two:**

*Complete 3 Rounds*

Plank to Push Ups x10

Resistance Band Bent Over Rows x10 each arm

Resistance Band Bicep Curls x10 each arm

Ball Slams with Medicine Ball x10

**Circuit Three:**

*Complete 3 Rounds*

Jumping Lunges x10 each leg

Alternating Toe Touch Crunch x10 each leg

Hip Thrusts w/ Resistance Band x10 each arm

V-Ups w/ Sliding Disks x10

Russian Twists w/ Medicine Ball x10