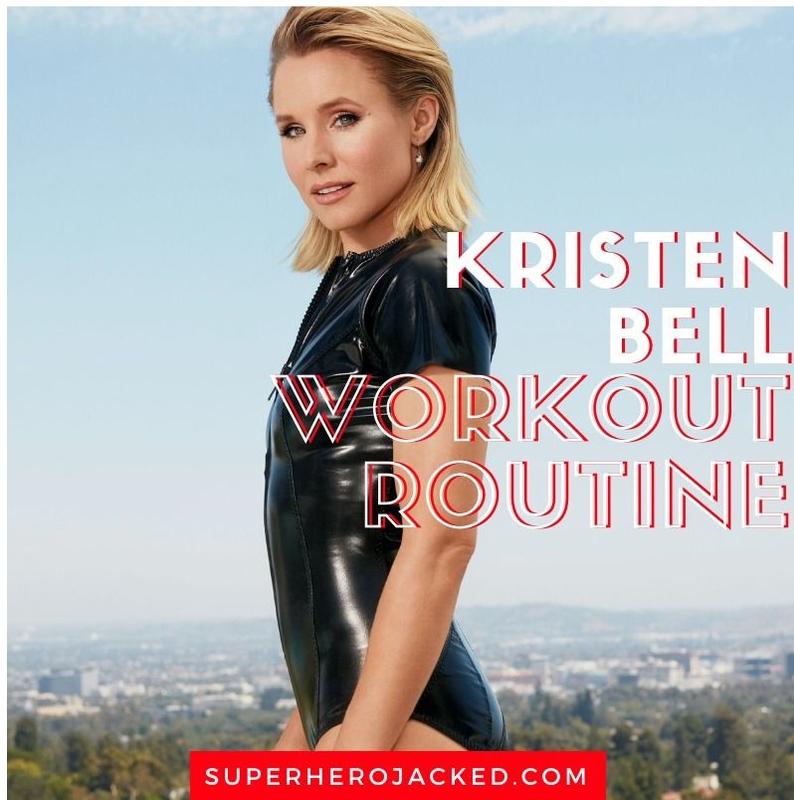


KRISTEN BELL WORKOUT ROUTINE



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.

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KRISTEN BELL WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

Being that Bell's training will come in "microbursts" or, how David Beckham calls them "Fitness Snacks", you can realistically do portions of this workout 7 days a week without feeling like you're cheating your recovery. I'm going to give you a handful of options to work with, and it'll be your job to fit them into your schedule how you feel fit; like Bell does with her own. We know Bell utilizes bodyweight workouts, yoga, sprints, and other things into her training which (other than when she hits the yoga studio) take up 15-25 minutes.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Kristen Bell Workout: Sample Workout Routine Schedule

This sample schedule does not include every single fitness snack option I'm going to give you. Feel free to plug and play with the options below, which will also include things like mixed martial arts, parkour, and swimming (which Bell didn't mention, but may be better for YOU).

Monday: 15 Minute Sprints and Light (10 Minute) Calisthenics Circuit

Tuesday: Yoga Studio

Wednesday: Longer Calisthenics Circuit

Thursday: Outside Job for 20-30 Minutes

Friday: Yoga Studio

Saturday: Track 10,000+ Steps

Sunday: Yoga Studio

Kristen Bell Workout: Longer Calisthenics Circuit

This circuit can take you anywhere from 2 minutes all the way to 30 depending on your fitness level and how many breaks you take.

Complete at your own speed.

Three Rounds for Time:

Round One:

21 Burpees

21 Second Wall Sit

21 Mountain Climbers

21 Second Forearm Plank

21 Inch Worms

Round Two:

15 Burpees

15 Second Wall Sit

15 Mountain Climbers

15 Second Forearm Plank

15 Inch Worms

Round Three:

9 Burpees

9 Second Wall Sit

9 Mountain Climbers

9 Second Forearm Plank

9 Inch Worms

Kristen Bell Workout: Longer Calisthenics Circuit V2

This circuit can take you anywhere from 2 minutes all the way to 30 depending on your fitness level and how many breaks you take.

Complete at your own speed.

One Round for Time:

80 Second Forearm Plank

70 Jump Ropes

60 V-Ups

50 Plank to Push Ups

40 Burpees

30 Sit Ups w/ Twist

20 Jump Squats

10 Pause Push Ups

Kristen Bell Workout: Short [10 Minute or Less] Calisthenics Circuit Options

10 Minutes or Less Workouts:

- [Plank and Jump](#)
- [Climbing to a Tight Core](#)
- [Battle Ropes](#)
- [Death by Burpees](#)
- [30 Second Bodyweight Circuit](#)
- [Burpee Circuit 2](#)
- [Sprints and Bodyweight](#)
- [The Heavybag Routine](#)

Kristen Bell Workout: Yoga Studio, Jog and More

Kristen Bell mentioned signing up for a yoga studio and making more of an effort to go.

For that reason you'll find that it's a big part of the schedule above.

Another piece of the schedule is a longer jog.

You can work your way up with this and start by running then walking then running then walking until you can jog the entire duration.

If you're going to opt for this method I suggest completing the entirety of the suggested 30 minutes as Bell mentions doing SPRINTS for 15 minutes.

You can also consider using [Kid Flash](#) or [Constance Wu's](#) article that consist of Couch to 10Ks!

Kristen Bell Workout: Tracking Your Walk, Mixed Martial Arts, Parkour, Swimming & More

The biggest part of Bell's workout is staying active.

She makes sure to get going every day and every place she can fit something in.

For that reason you have some other options. One of the days on the schedule mentions tracking your steps to make sure you're getting at least 10,000 that day. This is something we saw Ariana Grande do.

Some other options are things we see at SHJ on a more common basis ranging from Parkour to MMA and Swimming.

Here are some of the resources we have for them:

SHJ Parkour Guide:

- [The Nightrunner Workout](#)

SHJ Go-To Swimming Routine:

- [Speedo Beginner Training](#)

SHJ MMA Routines:

- [Deathstroke](#)
- [Daredevil](#)
- [Moon Knight](#)
- [Sagat](#)
- [Anna Diop](#)
- [Frank Grillo](#)
- [Ryan Potter](#)