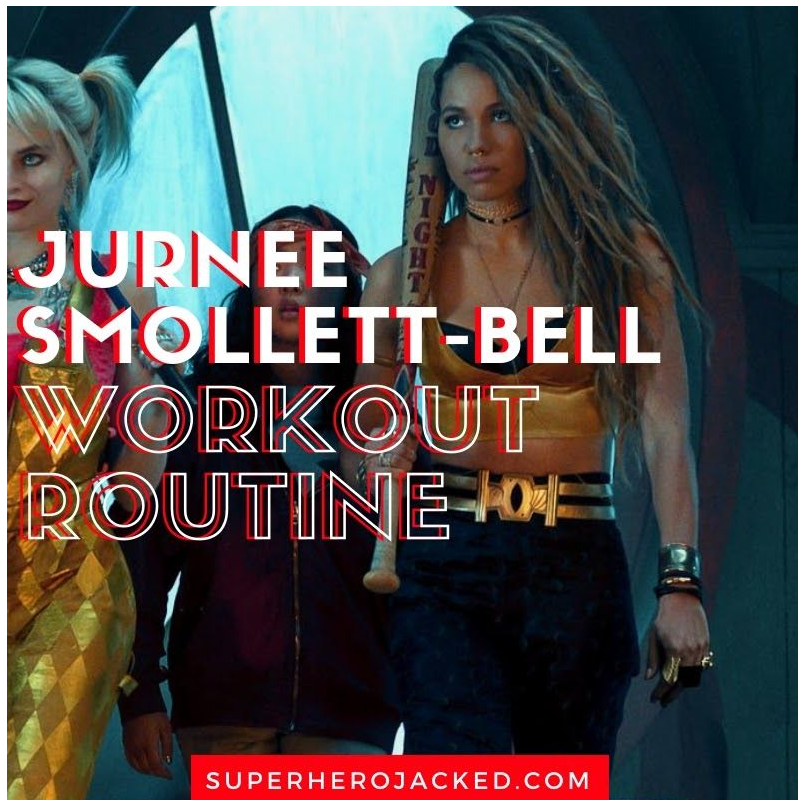


JURNEE SMOLLETT-BELL WORKOUT ROUTINE



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.

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.

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JURNEE SMOLLETT-BELL WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

We're going to be working with 5+ days per week because Jurnee Smollett-Bell's routine is very diverse and will allow for you to mix and match certain training styles that best fit your mood and needs; while also plugging in days for meditation, yoga and other relaxing mixtures of training and self-care.

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.

Jurnee Smollett-Bell Workout: Sample Workout Routine Schedule

Monday: Calisthenics and Resistance Band Training

Tuesday: Hiking

Wednesday: Yoga and Meditation

Thursday: Plyometrics Class

Friday: Calisthenics and Spin Class

Saturday: Step Tracking 10K or More

Sunday: Rest Day for Self-Care

This training schedule is obviously just a sample of how it COULD look. You can mix and match the training I will share below to make your best Jurnee Smollett-Bell workout plan.

Jurnee Smollett-Bell Workout: Calisthenics and Resistance Band Training

This workout can very easily be broken down into two separate workouts and was purposely made to include more volume than Bell has mentioned during her training

Warm Up:

10-15 Minutes of Yoga

Workout:

Jump Rope

5×100

Air Squats

4×25

Crunches

4x25

Donkey Kicks with Resistance Band

4x20

Glute Bridges w/ Resistance Band

4x20

Thrusters w/ Resistance band

4x20

Cooldown:

10-15 Minutes of Foam Rolling & Meditation

Other Resources to Consider:

Celeb Workouts with Quick Circuits (Workout Snacks) & 10 Minute or Less Workouts:

- [Kristen Bell Workout](#)
- [David Beckham Workout](#)
- [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](#)

Jurnee Smollett-Bell Workout: Yoga, Meditation, Plyometrics, and more

The rest is going to be on you.

We have resources in [The Academy](#) for yoga and meditation, but you can just as easily use YouTube videos or even hit a local class (my preferred method).

Bell has also mentioned things like hiking for self-care, and seems to be fairly active on a regular basis.

If you're not going to hit a class for SPIN, Plyometrics, Pilates or something similar, you can consider tracking your overall daily steps like we've seen some other women do.

Here's what I recommend:

- **Superhero Level:** 10,000 Steps for the Day
- **Sidekick Level:** 6-8k Steps for the Day
- **Agent in Training Level:** 5k Steps for the Day