

VANESSA HUDGENS WORKOUT ROUTINE



Bonus PDF File

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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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VANESSA HUDGENS WORKOUT ROUTINE

Training Volume:

4-6 days per week

Explanation:

While normally you may be most accustomed to seeing 3-5 days a week, Hudgens' workout is going to be extremely diverse because I'll be giving you resources for a slew of different things she likes to utilize, while mainly focusing in on her favorites.

Explanation Part Two:

I'm going to be giving you resources for yoga, and reminding you of the different classes you can utilize, while also building you routines if you'd like to hit the weights for upper and lower body days that can be plugged in on top of other resources I add for mixed martial arts and more!

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.

Vanessa Hudgens Workout: Sample Workout Schedule

Monday: Yoga, Pilates, or Fun Class

Tuesday: Upper Body Training Day

Wednesday: Yoga, Pilates, or Fun Class

Thursday: Lower Body Training Day

Friday: Yoga, Pilates, or Fun Class

Saturday: Hiking, MMA or Rest

Sunday: Hiking, MMA or Rest

Vanessa Hudgens Workout: Yoga, Pilates, or Fun Class Resources and Explanation

Vanessa Hudgens is a yogi.

So we're going to start there.

SHJ Yoga Resources:

Feel free to utilize our yoga resources inside [The Academy](#), random YouTube videos, or even some of these articles:

- [Different Yoga Styles: An Overview to Superhuman Yoga Training](#)
- [11 Yoga Poses for Beginners](#)
- [What You Need To Know Before Starting Yoga](#)

- [Why Do People Do Yoga? Top Reasons Why You Should Incorporate It Into Your Routine](#)

She also opts for Pilates and any class she can jump into to get a workout in!

Here are some options for you to utilize:

- Pilates
- Spin Class
- Zumba
- CrossFit or Orange Theory Fitness
- Alternative Indoor Cycle Class
- Boxing Fitness Class

If you're not able to get any of these in you can step it up a notch by implementing one of the following:

- Jog/Walk 3-5 Miles
- Upper or Lower Body Split
- Alternative Circuit from another Workout in our [Workout Database](#)
- Track Minimum 10k Steps for the day

Vanessa Hudgens Workout: Upper Body Training Day

Warm Up:

10-15 Minute Warm Up Jog or Incline Walk

Workout:

Chest Press Variation (Flat Bench, DB Bench, Hammer Strength, Cable, Etc)

4×12

Seated Military Press w/ Dumbbells

4×12

Lateral Pulldowns (Wide or Close Grip; Switch it Up)

4×12

Cable Kickbacks

4×12 each arm

Kettlebell Swings

4×12

Push Ups (or Knee Push Ups)

4×20

Dips (or Assisted)

4×10

Vanessa Hudgens Workout: Lower Body Training Day

Warm Up:

10-15 Minute Warm Up Jog or Incline Walk

Workout:

Squat Variation (Back, Hack, Front, Goblet, Landmine)

4x12

Straight Leg Deadlift with EZ Bar or Dumbbells

4x12

Hamstring Curls

4x12

Cable Pullthroughs

4x12

Jumping Lunges

4x12

Quad Extensions (Leg Extension)

4x15

Seated Calf Raises

4x10

Vanessa Hudgens Workout: MMA Resources

Here are some resources if you'd like to add in some mixed martial arts training (*but keep in mind there's no better way to train MMA than to get into a local gym and have a partner/coach*):

- [Deathstroke](#)

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