

# DAKOTA JOHNSON WORKOUT ROUTINE



Bonus PDF File  
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# DAKOTA JOHNSON WORKOUT ROUTINE

## Training Volume:

3-5 days per week

## Explanation:

We're going to be training like Dakota Johnson by utilizing a 25 min workout shared by her trainer for Fifty Shades, and exercises shared by Vogue that she used while filming in Vancouver and Seattle. We'll combine this with cardio (Johnson incorporates her own running at home and outside), with yoga, which Johnson is a huge fan of!

## 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.

## Dakota Johnson Workout: Sample Workout Routine Schedule

**Monday:** Healthista 25 Minute Workout

**Tuesday:** Yoga

**Wednesday:** Vogue Workout

**Thursday:** Yoga

**Friday:** Healthista 25 Minute Workout

**Saturday:** Cardio

**Sunday:** Rest Day

## **Dakota Johnson Workout: Healthista 25 Minute Workout**

*\*\*This article is shared by Healthista from the interview with Johnson's trainer, Romanoa.\*\**

*The workout without repeating circuits is roughly 25 minutes.*

**Warm up** – 2 minutes easy row

### **Cardio 1**

Rowing intervals. 5 minutes. Use resistance of at least 80 per cent (moderate). Increase intensity by pushing and pulling harder. Don't worry too much about the speed and keep form. OR running intervals. 30 seconds sprint. 30 seconds rest. Repeat 5 times

OR

Without equipment, dancing in place or do intervals going up and down the stairs in your home for 5 minutes. Or jumprope for 3 minutes (because it is harder).

### **Circuit 1 – back and shoulders**

Using light weights of 3-5 pounds

- **Reverse fly – 10 reps with right leg forward and 10 reps with left leg forward.**

Start by take a giant step forward with one leg and hinge forward at the hips holding dumbbells. Arms hang below your chest, head looks slightly down and in front of forward leg. Continue to hinge forward at the waist as you lift arms to almost parallel by squeezing shoulder blades together, pause at the top then lower slowly.

- **Half circle over head – 8 reps**

Begin by standing tall arms by side holding dumbbells palms forward. Raise arms in half circle to touch at the top, slowly lower back to start.

- **Hug a tree – 8 reps**

Begin standing tall arms by side holding dumbbells palms forward. Raise arms half way parallel to shoulders then, as if hugging a tree, move arms slightly rounded and forward in front of chest to touch knuckles. Pause and return by opening arms back to parallel and lower.

- **Lateral Raises – 8 reps**

Begin standing tall, with arms by your sides holding dumbbells, palms facing toward thighs. Raise your arms to the sides as you simultaneously rotate the heads of the dumbbells to face the ground. Imagine holding a jug of water and pouring out the water as you raise arms.

Pause at the top, then lower slowly.

- **Wall Flatteners – 20 reps**

Stand with your back against a wall, knees slightly bent, arms at 90 degrees against the wall.

Keep wrists and elbows against the wall and raise them six inches straight up, then lower to start.

*Repeat circuit 2-3 times.*

## **Cardio 2**

Rowing or running intervals.

## **Circuit 2 – abs and triceps**

Using light weights of 3-5 pounds

- **Lying Leg and Triceps Extension – 20 reps**

Lie on your back with your knees in tabletop, abs contracted, belly button pulled in. Hold your dumbbells in your hands with palms facing each other, elbows bent (make sure to not move your arms as you do this move). On an exhale, extend your legs on an angle (keep them higher if your back is weak, or reach your legs lower to the ground if you have stronger abs). Simultaneously perform a triceps extension by raising the dumbbells up toward the ceiling. Inhale, and lower arms back to start as you release legs back to tabletop.

- **Oblique rotation – 10 reps**

Begin sitting with your legs extended with a slight knee bend, holding dumbbells in each hand and arms extended forward. Lean back, keeping your

abs contracted, and avoid a rounded back. Leading with your right arm, rotate to the right as far as you can, then back to center. Rotate to the left as far as you can, then back to center. Complete the move by sitting up tall, simultaneously raising both arms above the head.

- **Walking Plank – 20 reps**

Begin at the top of push-up, and lower onto your right forearm. Then, lower onto your left forearm. Here you'll be in elbow plank position. Push up onto your right palm, then push up onto your left palm, ending up in high plank (top of a push-up). Repeat right-left-right-left for 10 reps, then try left-right-left-right for 10 more walking planks.

*Repeat circuit 2-3 times*

### **Cardio 3**

Rowing or running intervals

### **Circuit 3 – core**

- **Side plank rotation with hip lift – 10 reps on each side.**

Begin in a side plank, holding a dumbbell in your top hand, arm extended upward. Rotate toward the mat as you lower your arm, and reach it beneath your body while lifting your hips as high as you can.

Repeat once more.

## **Dakota Johnson Workout: Vogue Workout Routine**

*\*\*These are exercises shared by Vogue that are intended to replicate the training Johnson did while filming in Vancouver and Seattle.\*\**

## **THE PUSH-UP TRI-FACTOR**

Equipment: Two small towels or a pair of gliders Muscles Targeted: Abs, arms, chest, back and legs, plus the heart with its cardiovascular kick! Reps: Three sets

- Starting in plank position, hands a little wider than shoulder-width apart, place a towel or glider under each foot.
- Start with one push-up. If you're unable to do a full push-up, remain in plank position.
- Transition into basic pull-ins, bringing your knees toward your shoulders, then straight back three times in a smooth movement. Complete three mountain-climbers.
- Go directly into three pull-ins with open/close legs at the end.
- Rest for 30 to 60 seconds.
- Repeat 2 more times.

## **WARRIOR 1**

Equipment needed: A chair; a weighted bar for balance Muscles worked: Every muscle fiber in your hips, thighs, and buttocks Reps: Three sets of 8 to 12 reps on each leg

- Stand in the power position, feet slightly apart.
- Place your left hand on your hip. Hold onto a chair or body bar for support.
- Lift your right leg so it's bent at a 90° angle and your knees are even with your hip.
- Swing your right leg back into a deep lunge position so that it's bent as close to 90° as possible, with the ball of the foot on the ground (heel lifted). Your left leg should form a 90° angle, with your knee directly over your ankle.



- Return to the starting position but don't pause. Immediately flow into the next rep in a fluid motion. Complete a full set (8 to 12 reps) without pausing, and then switch sides.

## **NEW YORK BOOTY LIFT TRI-ECTOR**

Equipment needed: 2 lb. to 5 lb. weights in each hand Muscles worked: Butt, thighs, and arms Reps: Three sets of 8 to 12 reps on each leg

- Start in a lunge position with a weight in each hand making sure your front knee is directly in line with your heel. Lunge up and down as you do a bicep curl with each movement for a count of 8 or 12.
- Hold the last rep in the lunge position.
- Straighten the back leg, lifting the heel off the floor and staying on the ball of the foot.
- Moving the upper torso only, rock forward and back 8 to 12 times, making sure to keep your back and arms straight without rounding shoulders.
- Hold the last rep; slowly pull your elbows behind you, and without moving your legs or upper body, do 8 to 12 triceps kick-backs. Switch legs and complete full circuit before resting.

## **PUSH, PULL, KICK-BACK**

Equipment: 2 lb. to 3 lb. weights in each hand Muscles targeted: Chest, back, shoulders, triceps (bonus: booty and thighs get a nice burn!) Reps: Three sets of 12 reps

- Assume a squat position with your legs bent about 45 degrees.
- Hold a weight in each hand with arms bent so that weights are positioned just in front of your chest, palms facing each other.
- Extend your arms straight out in front of you, pushing the weights forward.

- Bend your elbows, squeeze your shoulder blades together, and pull the weights back to either side of your chest. Straighten your arms out behind you.

## **MASTER BLASTER**

Equipment needed: Chair Muscles worked: Glute and hips Reps: Three sets of 12 reps on each leg

- Stand with feet hip-width apart, lean forward from your hips and grasp the back of the chair so that your back is flat and parallel to the floor.
- Raise and extend your right leg straight out behind you, allowing your left leg to bend slightly.
- Pulse your right leg up and down 12 times.
- Pull your right knee to your chest and then extend the leg back out 12 times.
- Bend right leg so your knees are in line and your right shin parallel to the floor.
- Lift your bent right leg out to the side, extending it straight out at the top of the lift. Lower, and repeat 12 times.
- Switch legs.

## **Dakota Johnson Workout: Yoga**

Dakota Johnson is a big fan of yoga. She enjoys Bikram Yoga, but also mixes it up as well.

On a more sustainable basis Johnson is said to do yoga a few times a week and her own cardio at home or outside.

A few times a week do some yoga from [The Academy](#), YouTube, or even a local class.

## Dakota Johnson Workout: Cardio

As I mentioned, Dakota Johnson also adds in her own cardio sessions.

You can do this in a run/walk variation, or jump on other variations of cardio as well to make up for it.

This can be:

- High Incline Walk
- StairMaster
- Elliptical
- Rower
- Bike
- Etc.

But, I personally recommend:

- **Beginner:** 1-3 Mile Run
- **Intermediate:** 3-5 Mile Run
- **Advanced:** 5+ Mile Run