

MADELYN CLINE WORKOUT ROUTINE



Bonus PDF File
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MADELYN CLINE WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

I'll be building you a routine that works around you training 3 days a week with calisthenics, glutes, and core; but I do suggest being active or hitting a group class (or other fun activity) another 2 days a week to keep your activity level up like Cline. I'll also be sharing some other celebrity workout routines that I think are great to get you in some Madelyn Cline shape! 😊

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.

Madelyn Cline Workout: Sample Workout Routine Schedule

Monday: Calisthenics, Core, Curves (Glutes) and Cardio

Tuesday: SPIN, Pilates, Yoga or Activity

Wednesday: Calisthenics, Core, Curves (Glutes) and Cardio

Thursday: SPIN, Pilates, Yoga or Activity

Friday: Calisthenics, Core, Curves (Glutes) and Cardio

Saturday: Active Off Day

Sunday: Rest Day

Madelyn Cline Workout: Alternative Celebrity Routines

As I mentioned in the workout routine research: there are quite a few awesome routines from other celebrities that will get you into a Chase Stokes physique.

Here's a list of awesome alternative workout routines to consider if you're looking to get slim and toned:

- [Maggie Q Workout Routine](#)
- [Emma Watson Workout Routine](#)
- [Kristen Bell Workout Routine](#)
- [Gigi Hadid Workout Routine](#)

And, you can even check out [The Ultimate Calisthenics Workout & Guide](#) as well.

Madelyn Cline Workout: Calisthenics, Core, Curves (Glutes) and Cardio

Calisthenics:

Pulse Squats

4x25

Push Ups

4x20

Lunges

4x15 each leg

Chair Dips

4x10

Pike Push Ups

4x5

[Extra] Curves:

Donkey Kicks

4x20 each leg

Fire Hydrants

4x20 each leg

Glute Bridges

4x20

Core:

Lying Leg Raises with Hip Thrust

4x25

Russian Twists

4x25

Cardio:

Complete 20-30 Minutes of Varied Cardio on Machines like:

- Elliptical
- Treadmill
- Bike
- Rower
- StairMaster

Madelyn Cline Workout: HIIT Training or Other Activity

JUMP ROPE HIIT WORKOUT

Complete 5 Rounds

30 Jump Ropes

20 Jumping Lunges

30 Jump Ropes

20 Mountain Climbers

30 Jump Ropes

20 Jump Squats

30 Jump Ropes

20 Double Unders

Rest 1 Minute Between Rounds

ALTERNATIVE ACTIVITY:

You have a lot of options for this one, but I'll link to some resources we have on the site for a handful.

Go-To Activity Seen By Other Female Celebrities:

- Hiking and Tracking Daily Steps (Usually shooting for 10k+)
- SPIN Class
- Yoga Class
- Pilates
- Dance Fitness
- Boxing/MMA Fitness
 - Check out the resources below or Gigi Hadid's workout for boxing/mma style training.
- Other Quick "Fitness Snacks"
 - Check out Kristen Bell's workout for quick workouts to add to your training.

SHJ Parkour Guides/Workouts:

- [The Nightrunner Workout Routine](#)
- [The Assassins Creed Workout Routine](#)
- [The Robbie Amell Workout](#)

Mixed Martial Arts Workouts:

- [Deathstroke Workout Routine](#)
- [Daredevil Workout Routine](#)
- [Moon Knight Workout Routine](#)
- [Sagat Workout Routine](#)

- [Anna Diop Workout Routine and Diet Plan](#)
- [Frank Grillo Workout Routine and Diet Plan](#)
- [Ryan Potter Workout Routine and Diet Plan](#)

And your other alternatives include surfing, biking, rowing, longboarding or skateboarding, swimming, and more!