

JENNIFER ANISTON 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.

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JENNIFER ANISTON WORKOUT ROUTINE

Training Volume:

One Circuit

[To Be Repeated]

Explanation:

Aniston now trains with coach Leyon Azubuike who is constantly switching up her routine and utilizing jump rope, weights, and resistance bands. Here's a circuit that is built off their training methods that I pulled right from our very own [Superhuman System](#).

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.

Jennifer Aniston Workout:

Resistance Band & Jump Rope Circuit

Complete 5 Rounds for Time:

50 Jump Rope – Basic Skip

20 Resistance Band Thrusters

50 Jump Rope – Boxer Skip

20 Resistance Band Curl to Press

50 Jump Rope – Alternating Foot Skip

20 Resistance Band Glute Bridges