

# JENNIFER ANISTON AB WORKOUT ROUTINE



Bonus PDF File  
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# JENNIFER ANISTON AB WORKOUT ROUTINE

## Training Volume:

One Day Worth of Ab Training

*(Which Can Be Repeated)*

## Explanation:

You'll need ONE dumbbell, five to fifteen pounds should be good. You'll also be using a medicine ball, and the same weight range is good. The workout is BOTH circuits below and it can be repeated as needed on multiple days per week. You don't rest between exercises but you CAN rest between rounds 30-60 seconds if needed.

## 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 Ab Workout Routine

### Circuit 1:

Plank: 30 seconds to two minutes

Bird dog: 10 reps on each side

Rotational ball slam with lunge: eight reps on each side

*Complete three rounds.*

**Circuit 2:**

Side elbow plank: 15 seconds to one minute on each side

Renegade row: 10 reps on each side

Medicine ball rotational punch: eight reps on each side

*Complete three rounds.*