

# DEMI MOORE G.I. JANE WORKOUT ROUTINE

NEW & UPDATED CELEB TRAINING & RESEARCH



SUPERHEROJACKED.COM



Bonus PDF File  
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# DEMI MOORE WORKOUT ROUTINE

## Training Volume:

4+ days of training

## Explanation:

Demi Moore was training a TON for this roll using a mix of weights, calisthenics, and cardio. Feel free to add in high intensity interval training, mixed martial arts and more training using the bonus resources I share at the end.

## 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.

## Demi Moore G.I. Jane Workout Routine: Sample Workout Schedule

**Monday:** Morning Cardio + Chest & Shoulder Focused Training

**Tuesday:** Morning Cardio + Leg Focused Training

**Wednesday:** Long Distance Cardio, HIIT or Mixed Martial Arts

**Thursday:** Morning Cardio + Ab Focused Training

**Friday:** Morning Cardio & Abs + Arm Focused Training

**Saturday:** Active Rest Day, Mixed Martial Arts or Cardio

**Sunday:** Rest Day

*\*\*Morning Cardio, HIIT and Mixed Martial Arts Resources will all be provided at the end.\*\**

## **Demi Moore G.I. Jane Workout Routine: Morning Cardio + Chest and Shoulder Focused Training**

### **Warm Up:**

10 Minute Walk

### **Workout:**

One-Arm Push-Up Training (Scale to Push Ups, or Pause One-Arm Push Ups)

3×15

Dive Bombers

3×15

Dumbbell Bench Press or (Swiss Ball Push-Ups)

3×15

Chest Flys (Dumbbell or Cable)

3×15

Military Press

3×15

Lateral Flys

3×15

Front Raises

3×15

## **Demi Moore G.I. Jane Workout Routine: Morning Cardio + Leg & MMA Focused Training**

**Warm Up:**

10 Minute Walk

**Workout:**

Single-Leg Squats

3×15 each leg

Lunges with a Kick

3×15 each leg

Duck Squats

3×15

Leg Extensions

3×15

Mountain Climbers Cardio Interval

2×30

Wall Sits

3×60 seconds

Skater Lunges

3×15 each leg

Calf Raises

3×15

Hanging Leg Raises

3×15

## **Martial Arts Finisher (or use resources below):**

1. Jab-Cross Combinations (25 reps)
2. Jab-Cross-Roundhouse Kick (25 reps)
3. Jab-Cross-Roundhouse Kick-Jab-Cross-Hook (20 reps)
4. Snap-and-Roundhouse Combo (50 kick)
5. Roundhouse Kicks (Rapid Fire 50 kicks)
6. One-Leg Push-Ups
7. Thai Knee-Abs

## **Demi Moore G.I. Jane Workout Routine: Morning Cardio + Ab Focused Training**

### **Warm Up:**

10 Minute Walk

### **Workout:**

Forearm Planks

3×60 seconds

Elbow Side Planks

3×30 seconds

V-Ups

3×30

Bicycle Crunches

3×30

Pelvic Thrusts

3×25

Weighted Decline Sit-ups

3×25

Hip Flexions with a Punch

3×25

**Demi Moore Workout Thursday Routine = Arms**

**Warm Up:**

10 Minute Walk

**Workout:**

Pull-Ups

3×15

Chin-Ups

3×15



Pullovers

3×15

Bicep Curl into Shoulder Press

3×15

Concentration Bicep Curls

3×15 each arm

Bicep Curls with a Twist

3×15

Hammer Curls

3×15

Rear Dips

3×15

**Martial Arts Finisher (or use resources below):**

1. Jab-Cross Combinations (25 reps)
2. Jab-Cross-Roundhouse Kick (25 reps)
3. Jab-Cross-Roundhouse Kick-Jab-Cross-Hook (20 reps)
4. Snap-and-Roundhouse Combo (50 kick)
5. Roundhouse Kicks (Rapid Fire 50 kicks)
6. One-Leg Push-Up

## 7. Thai Knee-Abs

### **Demi Moore G.I. Jane Workout Routine: Morning Cardio and Abs**

Demi Moore's trainer had a very specific layout for Moore's morning cardio.

#### **Here's how you'll do it:**

- Complete 30 minutes on Treadmill with a 2% Incline
- Complete Ab Circuit 5 Times though with 2 minutes of sprinting in between each.
- Ab Circuit: Accordion Crunches, Side Bridges and Superman Pulses x 15 reps each.
- Cooldown with a 10 minute jog.

### **Demi Moore G.I. Jane Workout Routine: Mixed Martial Arts and HIIT Resources**

#### **HIIT Resources:**

- [The Best HIIT Workouts to Add to your Workout](#)
- [Jump Rope Workout Database](#)

#### **MMA Training Resources:**

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

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