

KESHA WORKOUT ROUTINE



Bonus PDF File
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KESHA WORKOUT ROUTINE

Training Volume: 3-4 days per week

Explanation:

For this one we're going to have 4 days of training about an hour each session. I'll be building you workouts that involve calisthenics with a little weight, high intensity, and a bunch of circuits. We'll also have Kesha's Warrior Workout from her training that you can work in there as you'd like as well.

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.

Kesha Workout: Sample Workout Routine Schedule

Monday: Kesha Session A (Leg and Booty Focus)

Tuesday: Kesha Session B (Full Body)

Wednesday: Active Rest Day

Thursday: Kesha Session C (Upper Body Focus)

Friday: Kesha Session D (Full Body)

Saturday: Active Rest Day or Booty Workout

Sunday: Rest Day

Kesha Workout: Kesha Session A – Leg and Booty Focus

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kickers

25 Mountain Climbers

Triset A:

A. Kettlebell Goblet Squats

3×10

B. Jumping Lunges

3×16

C. Pause Squat

3×10

Triset B:

A. Glute Bridges

3×20

B. Donkey Kicks

3×20

C. Fire Hydrants

3×20

Mini Circuit Finisher: 3 Rounds

10 Burpees

20 Straight Leg Kettlebell Deadlift

30 Second Hollow Hold

20 Skater Lunges

30 Second Superman Hold

20 V-Ups

10 Burpees

1-2 Minute Break

Kesha Workout: Kesha Session B – Full Body

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kickers

25 Mountain Climbers

Triset A:

A. Explosive Knee Push Ups

3×10

B. Box Jumps

3×20

C. Plank to Push Up

3×10

Triset B:

A. Side Lunges

3×20

B. Slow Crunches

3×20

C. Planking Shoulder Taps

3×20

Mini Circuit Finisher: 3 Rounds

10 Assisted Chin Ups

10 Half Burpees

10 Lying Leg Raises

10 Flutter Kicks

10 Sit Ups

Kesha Workout: Kesha Session C – Upper Body Focus

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kickers

25 Mountain Climbers

Triset A:

A. Pike Push Ups

3×10

B. Chair Dips

3×20

C. Knee Push Ups

3×10

Triset B:

A. Kettlebell Sumo Deadlift High Pull

3×20

B. Pull Up Dead Hang

3×20 seconds

C. Inch Worms

3×20

Mini Circuit Finisher: 3 Rounds

5 Single Arm KB Snatches (each arm)

10 Jumping Jacks

10 Kettlebell Swings

10 Jumping Jacks

15 Dumbbell Curl to Press

10 Jumping Jacks

1-2 Minute Break

Kesha Workout: Kesha Session D – Full Body

Warm Up:

25 Jumping Jacks

25 High Knees

25 Butt Kickers

25 Mountain Climbers

Triset A:

A. Dumbbell Thrusters

3×10

B. Jump Squats

3×20

C. Sit Ups with Twist

3×10

Triset B:

A. Floor Dumbbell Bench Press

3×20

B. Floor Dumbbell Chest Flyes

3×20

C. Russian Twists

3×20

Mini Circuit Finisher: 2 Rounds

50 Jumping Lunges

40 Second Plank

30 Dumbbell Deadlifts

20 Military Press

10 Burpees

KEsha's Warrior Workout

This workout is shared by Shape but comes from Kesha's trainer Kit Rich which you can find at KitRich.com!

How it works: Do each exercise for 20 seconds, then rest 10 seconds. Repeat this sequence three times for a total of 2 minutes, then move to the next exercise. Repeat the entire circuit once more, if desired.

You will need: Dumbbells, mat

Ankle Tap Squat

Stand with feet hip-width apart holding dumbbells. Squat down, keeping weight in heels, chest up, eyes forward, and core engaged. Try to lower the weights as close to ankles as possible. Return to starting position.

Hammer Curl to Shoulder Press

Stand with feet hip-width apart, knees slightly bent, holding dumbbells with palms facing in. Curl dumbbells to shoulder height. At the top of the movement, extend arms above head. Reverse direction to starting position.

Pushup Pull

Get in plank position with arms wider than shoulders and a dumbbell on either side of you. Inhale as you bend elbows out to the side to perform a pushup, lowering chest as close to the floor as possible. Exhale, pushing back up to plank. Grab dumbbell with right hand and perform a row, bending elbow and pulling dumbbell to ribcage while keeping hips pointing toward the floor. Lower dumbbell to the floor. Repeat, rowing with left arm. Continue, alternating arms.

Plyo Jump Lunge

Stand in a lunge with right foot forward, energy in right heel, and left heel lifted. Keeping body as upright as possible, chest open, and abs engaged, bend left knee toward the floor, making sure right knee is in line with ankle and does not go over toes. Jump up, switching leg position so you land with left foot forward and right foot back. Continue, alternating legs.

Leg Kick-Up Plank

Get in plank position, arms shoulder-width apart and body forming a straight line from shoulders to hips to heels. Keeping butt low, lift right leg, kicking toward the sky. Lower to starting position and kick with left leg. Continue, alternating legs.

Knee-High

Stand and run in place, lifting knees as high as possible and making sure not to lean back.

Plank Oblique Dip

Get in forearm plank position with arms shoulder-width apart and shoulders over elbows. Dip right hip toward the floor. Lift hips back to center and dip left hip toward the floor. Continue, alternating sides.

Combo

Perform each exercise for 30 seconds in order, resting 10 seconds between exercises.