

DAISY RIDLEY STAR WARS WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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The Daisy Ridley Star Wars Workout Routine:

Training Volume:

3-5 Days

Explanation:

3 Days of Full Body and Weight Training and 2 Days to be added of Fun Activity

***It is good to take breaks with Yoga and other Activities between each
Workout and Weight Training day***

Day One: Deadlifts

Warm Up

Jog 800m

10 Push Ups (or Knee Push Ups)

10 Pull Ups (or assisted)

10 Air Squats

Workout

Deadlift:

10-8-5-5-3

Weighted Lunges

10-10-10

Chest Press (Bar or Dumbbells)

10-10-10

Tricep Push Downs (Cable)

10-10-10

Circuit:

30 Second Plank Hold

25 Sit Ups

20 Mountain Climbers

15 Jump Squats

20 Mountain Climbers

25 Sit Ups

30 Second Plank Hold

Day Two: Military Press

Warm Up:

Bike 5 Miles

10 Push Ups (or Knee Ups)

10 Pull Ups (or assisted)

10 Dips (or assisted)

Workout

Military Press (preferably barbell):

10-8-5-5-3

Dumbbell Rows (bent over bench)

10-10-10

Preacher Curls

10-10-10

Plank Holds (can add weight)

3 Sets of 60 seconds each

Circuit:

4 Rounds

Jog 400m

15 Clean and Press

10 Burpees

5 Box Jumps (can sub jump squats)

Day Three: Squats

Warm Up

Elliptical for 15 min on level 3-10

10 Air Squats

10 Pull Ups (or assisted)

10 Dips (or assisted)

Workout

Back Squat:

10-8-5-3-3

Straight Leg Deadlift (light):

10-10-10

Arnold Press:

10-10-10

Chest Flyes (Cable or Dumbbells)

10-10-10

Circuit:

50 Jump Ropes

40 Box Jumps

30 Thrusters

20 Burpees

10 Sit Ups