

ALICIA VIKANDER

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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.

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.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Alicia Vikander

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

Vikander was likely putting in a long week of 5+ days of training. Thankfully we have time, and sustainability is key. If you'd like to step it up a notch, you can take this routine to 5+ days, which I'll account for. The rest of it will be based around the hit and training as described earlier.

Day One: Morning HIIT and Afternoon Weights with Core Work

Morning HIIT (High Intensity Interval Training)

30 minutes of HIIT on the treadmill as follows:

1 minute off – 2.5-3.5 mph walk

1 min on – 5-10 mph fast jog/sprint

Afternoon Weights

3 Round Superset:

Incline Dumbbell Bench Press x 10

Dips x Failure

3 Round Superset:

Front Shoulder Raises x 10

Pull Ups (or Assisted/Pike Push Ups) x Failure

3 Round Superset:

Dumbbell Rows x 10

Push Ups x Failure

3 Round Superset:

Front Squats x 10

Box Jumps x 20

Core Work

3 Rounds (Break Between Each)

50 Crunches

25 Leg Lifts

20 Flutter Kicks

15 Second Reverse Superman Hold

3 Rounds (Break Between Each)

1 Min Plank Holds

Day Two: MMA, Climbing, Boxing, Activity Day

Today it's up to you.

Get out there and use your fitness.

You can take advantage of our fighting Coach Derek in [The Academy](#) if you'd like, or you can take an outside class, go hiking, play sports, etc!

Day Three: Morning HIIT and Afternoon Weights with Core Work

Morning HIIT (High Intensity Interval Training)

30 minutes of HIIT on the treadmill as follows:

1 minute off – 2.5-3.5 mph walk

1 min on – 5-10 mph fast jog/sprint

Afternoon Weights

3 Round Superset:

Chest Flys x 10

Dips x Failure

3 Round Superset:

Arnold Presses x 10

Pull Ups (or Assisted/Pike Push Ups) x Failure

3 Round Superset:

Deadlifts x 10

Push Ups x Failure

3 Round Superset:

Leg Press x 10

Box Jumps x 20

Core Work

3 Rounds (Break Between Each)

50 Crunches

25 Leg Lifts

20 Flutter Kicks

15 Second Reverse Superman Hold

3 Rounds (Break Between Each)

1 Min Plank Holds

Day Four: MMA, Climbing, Boxing, Activity Day

Today it's up to you.

Get out there and use your fitness.

You can take advantage of our fighting Coach Derek in [The Academy](#) if you'd like, or you can take an outside class, go hiking, play sports, etc!

Day Five: Morning HIIT and Afternoon Weights with Core Work

Morning HIIT (High Intensity Interval Training)

30 minutes of HIIT on the treadmill as follows:

1 minute off – 2.5-3.5 mph walk

1 min on – 5-10 mph fast jog/sprint

Afternoon Weights

3 Round Superset:

Barbell Bench Press x 10

Dips x Failure

3 Round Superset:

Power Cleans x 10

Pull Ups (or Assisted/Pike Push Ups) x Failure

3 Round Superset:

Lateral Pull Downs x 10

Push Ups x Failure

3 Round Superset:

Back Squat x 10

Box Jumps x 20

Core Work

3 Rounds (Break Between Each)

50 Crunches

25 Leg Lifts

20 Flutter Kicks

15 Second Reverse Superman Hold

3 Rounds (Break Between Each)

1 Min Plank Holds