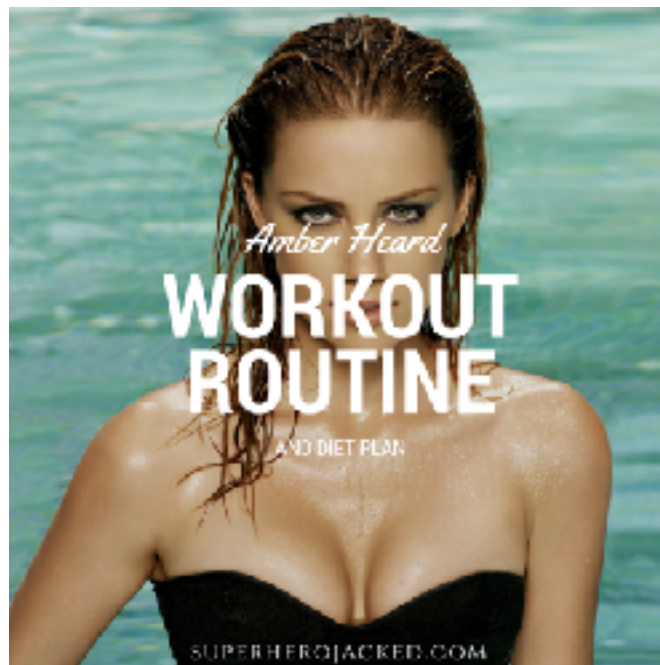


# AMBER HEARD

# WORKOUT ROUTINE



**BONUS PDF FILE**

**By: Mike Romaine**

 **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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# Amber Heard

## Workout Routine:

### Training Volume:

3-5 Days

### Explanation:

I'm going to program 3 days of mandatory cardio, but feel free to fit these days with more activity as well (which will be used for the other two days that equal to a total of 5).

### Day One: Cardio

#### Cardio Options:

**\*\*You are doing a total of 60 minutes. That can be broken down into 6×10 minutes, 3×20 minutes, or one machine for 60 minutes. Your choice. But, I do suggest mixing it up occasionally.\*\***

#### Treadmill:

Slow and Steady: 5+ mph steady jog

HIIT (High Intensity Interval Training): 1 min on, 1 min off

1 min on: Sprint 6-10 mph for one minute

1 min off: Walk 2.5-3.5 mph for one minute

#### Elliptical:

Slow and Steady: 4-8 mph steady

#### Bike:

Slow and Steady: Level 3-5 w/ 60-80 rpm steady

HIIT: 1 min on, 1 min off

1 min on: Level 7+ and keep rpms above 100 for a minute

1 min off: Level 3-5 and keep rpms steady 50-80 for a minute

Stair Master:

Slow and Steady: Level 3-10 steady

## **Day Two: Activity Day**

Get outside!

Well, I guess you could also do something fun too. Pilates, MMA training, yoga, etc.

But, if you were Amber Heard you'd be getting outside and going hiking or playing sports!

## **Day Three: Cardio**

Cardio Options:

**\*\*You are doing a total of 60 minutes. That can be broken down into 6x10 minutes, 3x20 minutes, or one machine for 60 minutes. Your choice. But, I do suggest mixing it up occasionally.\*\***

Treadmill:

Slow and Steady: 5+ mph steady jog

HIIT (High Intensity Interval Training): 1 min on, 1 min off

1 min on: Sprint 6-10 mph for one minute

1 min off: Walk 2.5-3.5 mph for one minute

Elliptical:

Slow and Steady: 4-8 mph steady

Bike:

Slow and Steady: Level 3-5 w/ 60-80 rpm steady

HIIT: 1 min on, 1 min off

1 min on: Level 7+ and keep rpms above 100 for a minute

1 min off: Level 3-5 and keep rpms steady 50-80 for a minute

Stair Master:

Slow and Steady: Level 3-10 steady

## **Day Four: Activity Day**

Get outside!

Well, I guess you could also do something fun too. Pilates, MMA training, yoga, etc.

But, if you were Amber Heard you'd be getting outside and going hiking or playing sports!

## **Day Five: Cardio**

Cardio Options:

**\*\*You are doing a total of 60 minutes. That can be broken down into 6x10 minutes, 3x20 minutes, or one machine for 60 minutes. Your choice. But, I do suggest mixing it up occasionally.\*\***

Treadmill:

Slow and Steady: 5+ mph steady jog

HIIT (High Intensity Interval Training): 1 min on, 1 min off

1 min on: Sprint 6-10 mph for one minute

1 min off: Walk 2.5-3.5 mph for one minute

Elliptical:

Slow and Steady: 4-8 mph steady

Bike:

Slow and Steady: Level 3-5 w/ 60-80 rpm steady

HIIT: 1 min on, 1 min off

1 min on: Level 7+ and keep rpms above 100 for a minute

1 min off: Level 3-5 and keep rpms steady 50-80 for a minute

Stair Master:

Slow and Steady: Level 3-10 steady