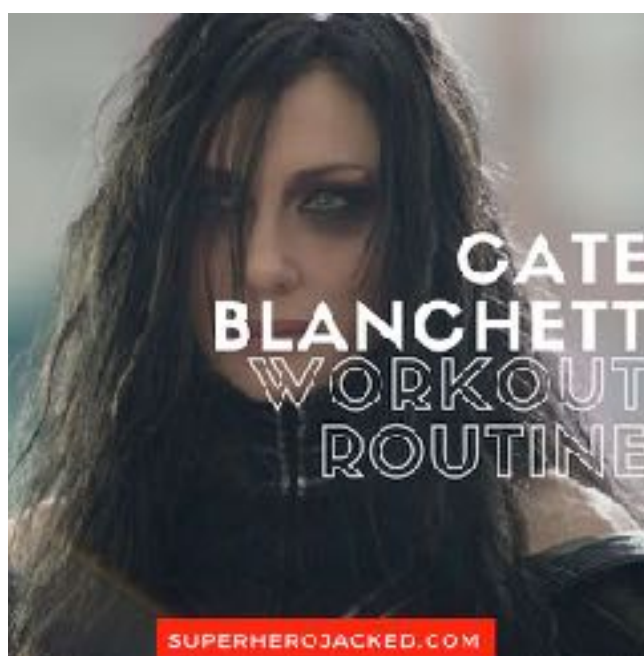


CATE BLANCHETT WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine



Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

Cate Blanchett Workout Routine

Training Volume:

3-4 days per week

Explanation:

In interviews Blanchett talks about training and getting active 3-4 times per week. I'm going to be programming you a day of circuit and toning based around Thor routines, and another for cardio that can be subbed if you won't be utilizing Pilates like Blanchett.

Please see the article on [calisthenics](#) if you need help with progression.

Day One: Circuit and Toning

Warm Up:

Stretch

800m Jog

Workout:

3×5 Pull Ups (or Pikes)

3×10 Push Ups (or Knee Ups)

3×15 Pistol Squats (or Air Squats)

Circuit:

3 Rounds for Time:

5 Burpees

10 V-Ups

15 Jump Squats

20 Second Plank Hold

Day Two: Pilates or Cardio

Cate Blanchett lives by her Pilates class (which she actually does one on one training style).

This day should be utilized for that, some time of extra cardio, or the above circuit again.

Cardio can be a long distance run (2-5 miles depending on your performance level), or 15-30 minutes of High Intensity Interval Training!