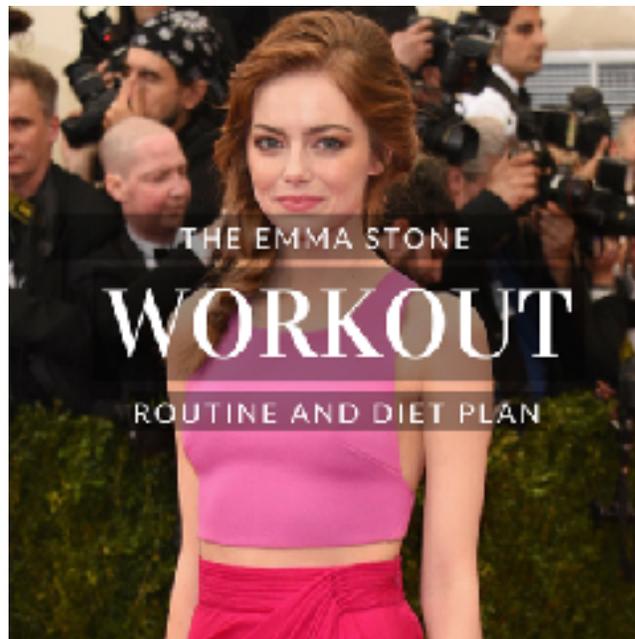


EMMA STONE

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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Emma Stone

Workout Routine:

Training Volume:

3-5 days

Explanation:

I'm going to program 3 days that revolve around compound lifts. The other two days are activity days that should be utilizing things like yoga, pilates, cycling, cardio, and other outdoor fun activities or sports.

Day One: Bench Press

Warm Up:

Stretch

Jog 400m

3×5 Squats

3×5 Push Ups

3×5 Pull Ups

Workout:

Bench Press

5×10

Incline Dumbbell Press

3×10

Tricep Overhead Extension

3×10

Chest Flys

3×10

Cable Tricep Pushdowns

3×10

Day Two: Activity Day

This is where you have some fun, but still stay active.

Get in some yoga, pilates, cardio, hiking, sports, or other fun activity that will get you moving!

Use your fitness!

Day Three: Squats and Military Press

Warm Up:

Stretch

Jog 400m

3×5 Squats

3×5 Push Ups

3×5 Pull Ups

Workout:

Back Squats

5×10

Front Shoulder Raises

3×10

Leg Press

3×10

Military Press (Standing)

5×10

Weighted Step Ups

3×20

Shoulder Flys

3×10

Day Four: Activity Day

This is where you have some fun, but still stay active.

Get in some yoga, pilates, cardio, hiking, sports, or other fun activity that will get you moving!

Use your fitness!

Day Five: Deadlifts

Warm Up:

Stretch

Jog 400m

3×5 Squats

3×5 Push Ups

3×5 Pull Ups

Workout:

Deadlift

5×10

Bicep Curl Step Ups

3×10

Lateral Pulldowns

3×10

Preacher Curls

3×10

Dumbbell Rows

3×10

Pull-ups

3xFailure (assisted is fine)