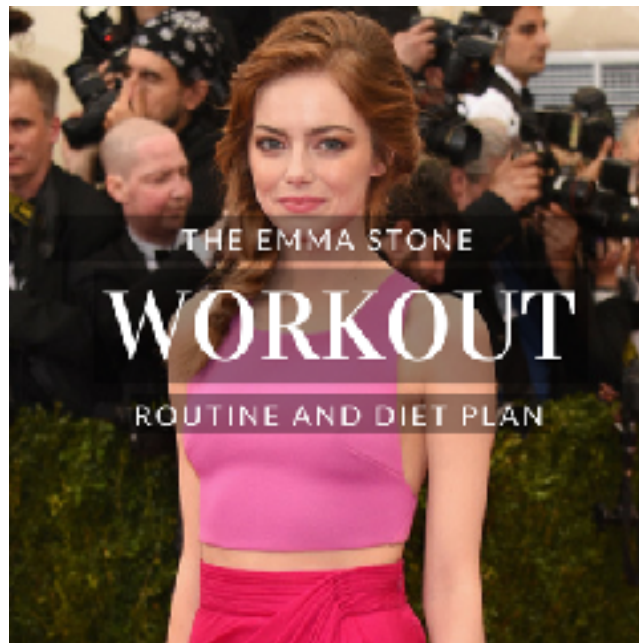


EMMA STONE

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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.

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)