

# EMMA WATSON WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO** ⚡ **JACKED** 

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# Emma Watson Workout Routine

## **Training Volume:**

3-5 days per week

## **Explanation:**

I'm going to program you 3 days of Emma Watson styled workout routines that revolve around stretching, strength and stillness – and then the other 2+ days are contingent on you getting out there and getting active.

## Day One: Stretching, Strength and Stillness

### **Stretching**

Stretch

800m jog

### **Strength**

#### **Circuit One**

20 Lunges

15 Air Squats

10 Wall Balls

1 Minute Wall Squat Hold

10 Wall Balls

15 Air Squats

20 Lunges

### **Circuit Two**

30 V-Ups

20 Plank to Push Ups

10 Sit Ups

60 Second Plank Hold

10 Sit Ups

20 Plank to Push Ups

30 V-Ups

### **Stillness**

15-30 minutes of Yoga

3-5 minutes of Meditation and Stillness

# Day Two: Activity Day

If you're an avid member of the SHJ Army you know exactly what this is.

This is your opportunity to get out there and take advantage of your fitness!

Go hiking, play sports, rock climb, have fun!

# Day Three: Stretching, Strength and Stillness

## **Stretching**

Stretch

800m jog

## **Strength**

### **Circuit One**

20 Knee Ups (push ups)

15 Clean and Press (light)

10 Pull-ups (or pike push ups)

1 Minute Straight Arm Plank Hold

10 Pull-ups (or pike push ups)

15 Clean and Press (light)

20 Knee Ups (push ups)

### **Circuit Two**

20 Lunges

15 Air Squats

10 Wall Balls

1 Minute Wall Squat Hold

10 Wall Balls

15 Air Squats

20 Lunges

### **Stillness**

15-30 minutes of Yoga

3-5 minutes of Meditation and Stillness

# Day Four: Activity Day

If you're an avid member of the SHJ Army you know exactly what this is.

This is your opportunity to get out there and take advantage of your fitness!

Go hiking, play sports, rock climb, have fun!

# Day Five: Stretching, Strength and Stillness

## **Stretching**

Stretch

800m jog

## **Strength**

### **Circuit One**

30 V-Ups

20 Plank to Push Ups

10 Sit Ups

60 Second Plank Hold

10 Sit Ups

20 Plank to Push Ups

30 V-Ups

### **Circuit Two**

20 Knee Ups (push ups)

15 Clean and Press (light)

10 Pull-ups (or pike push ups)

1 Minute Straight Arm Plank Hold

10 Pull-ups (or pike push ups)

15 Clean and Press (light)

20 Knee Ups (push ups)

### **Stillness**

15-30 minutes of Yoga

3-5 minutes of Meditation and Stillness