

JAIMIE ALEXANDER

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Jaimie Alexander

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

We're looking to find a sustainable routine. When Alexander trains for movie roles she's more than likely training upwards of five plus days per week. To sustain it, she may at the minimum utilize three.

Day One: Alexander Styled Circuit and Programming

Warm Up:

Stretch

Jog 800m

Workout:

5 Rounds for Time:

10 Pike Push Ups

10 Lunges

10 Burpees

10 Push Ups

10 Double Unders

Core and Relax:

3 sets of 1 minute plank holds

Relax, Foam Roll, Yoga 5-10 minutes

Day Two: Pilates and Activity Day

Jaime Alexander LOVES pilates and staying active.

Utilize this day for a class, hiking, running, or getting active in a fun way!

Feel free to utilize yoga, or cycling as well.

Day Three: Alexander Styled Circuit and Programming

Warm Up:

Stretch

Jog 800m

Workout:

1 Round for Time:

70 seconds of shadowboxing

60 Mountain Climbers

50 Leg Raises

40 Burpees

30 Push Ups

20 Box Jumps

10 Air Squats

Core and Relax:

3 sets of 1 minute plank holds

Relax, Foam Roll, Yoga 5-10 minutes

Day Four: Pilates and Activity Day

Jaime Alexander LOVES pilates and staying active.

Utilize this day for a class, hiking, running, or getting active in a fun way!

Feel free to utilize yoga, or cycling as well.

Day Five: Alexander Styled Circuit and Programming

Warm Up:

Stretch

Jog 800m

Workout:

3 Rounds for Time:

25 Jump Ropes

15 Push Ups

5 Burpees

15 Jumping Lunges

25 Russian Twists

Core and Relax:

3 sets of 1 minute plank holds

Relax, Foam Roll, Yoga 5-10 minutes