

JESSICA BIEL

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Jessica Biel

Workout Routine:

Training Volume:

3-6 Days a Week

Explanation:

If you want to do Biel's basic routine, 3 days a week is fine. But, if you're looking to step it up, you can add in the extra days that it's necessary to train for a movie like Blade.

Day One: Legs and Shoulders

Warm Up

5-10 minutes of stretching

10-15 minutes of cardio

Workout

Back Squat

5x10

Arnold Press

3x15

Front Squat

3x12

Pull Ups

3xFailure

Weighted Walking Lunges

3x10

Shoulder Front Raises (DB)

3x12

Circuit

5 Rounds

10 Push Ups

10 Mountain Climbers

10 Walking Lunges

10 Sit Ups

10 Pull Ups

Day Two: Activity Day aka Cager

You have a few options. Choose one below:

Cardio: 30-60 minutes of cardio involving running, biking, hiking, or a combination.

Martial Arts: train in martial arts for 30-60 minutes

Sports/Activity: play some tennis, basketball, or some other physical sport for 30-60 minutes

Full Body Workout: Hit one exercise for each body part (utilizing the other days), for a total of 6+ sets.

Day Three: Chest and Triceps

Warm Up

5-10 minutes of stretching

10-15 minutes of cardio

Workout

DB Bench Press

3x15

Tricep Kickbacks

3x15

Dips

3xFailure

Tricep Push Downs

3x12

DB Chest Flys

3x12

Light Overhead Extension (Cable or DB)

3x15

Circuit

5 Rounds

5 Pull Ups

5 Burpees

30 Walking Lunges

5 Push Ups

5 Jump Squats

Day Four: Activity Day aka Cager

You have a few options. Choose one below:

Cardio: 30-60 minutes of cardio involving running, biking, hiking, or a combination.

Martial Arts: train in martial arts for 30-60 minutes

Sports/Activity: play some tennis, basketball, or some other physical sport for 30-60 minutes

Full Body Workout: Hit one exercise for each body part (utilizing the other days), for a total of 6+ sets.

Day Five: Back and Biceps

Warm Up

5-10 minutes of stretching

10-15 minutes of cardio

Workout

Deadlift

5×10

Weighted Step Up Bicep Curls

3×20

Straight Leg Deadlift

3x12

Pull Ups

3xFailure

Push Ups

3xFailure

Lateral Pull Downs

3x12

Circuit

5 Rounds

10 Walking Lunges

10 Jump Squats

10 Mountain Climbers

10 Jump Squats

10 Walking Lunges

Day Six: Activity Day aka Cager

You have a few options. Choose one below:

Cardio: 30-60 minutes of cardio involving running, biking, hiking, or a combination.

Martial Arts: train in martial arts for 30-60 minutes

Sports/Activity: play some tennis, basketball, or some other physical sport for
30-60 minutes

Full Body Workout: Hit one exercise for each body part (utilizing the other days),
for a total of 6+ sets.