

LENA HEADEY

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.

Lena Headey Workout Routine

Training Volume:

3-5 days

Explanation:

Lena Headey utilizes mostly yoga and boxing – but she has also taken part in training for the 300 movies as well. I'm going to give you the programming that she used for the movies, as well as multiple days to incorporate boxing and yoga on your own.

Day One: Spartan Training

Warm Up

10-30 min of yoga or stretching

Workout

Row 10 minutes: easy pace

Two rounds of the following with 2-3min rest between rounds:

Lunge 10m forward
Lunge 10m backward
10m of 5sec **plank + broad jump** **Lunge** 10m forward
Lunge 10m backward

Three rounds of:
10m dumbbell bear crawl with one-arm row in each 'step' using
5kg dumbbells

Three rounds of the following with 1min rest between rounds:
10x **ball slam** (5kg ball) and lateral jump over parallette
20m **bear crawl**

Then:
20x **step-up** (10 each side) on 25cm box

Five rounds of the following with 30sec rest between rounds:
Box jumps on 45cm box – 30sec
Step-ups on 45cm – 1 min

Day Two: Boxing and Yoga

Utilize the [Jedi Path](#) for some yoga, or take a class, or even use YouTube.

Also, do some boxing, which we love here at SHJ.

I mean, most superheroes we know are pretty decent at defending themselves...

Day Three: Spartan Training

Warm Up

10-30 min of yoga or stretching

Workout

Row 10 minutes: easy pace

Two rounds of the following with 2-3min rest between rounds:

Lunge 10m forward

Lunge 10m backward

10m of 5sec **plank** + **broad jump** **Lunge** 10m forward

Lunge 10m backward

Three rounds of:

10m dumbbell bear crawl with one-arm row in each 'step' using 5kg dumbbells

Three rounds of the following with 1min rest between rounds:

10x **ball slam** (5kg ball) and lateral jump over parallette

20m **bear crawl**

Then:

20x **step-up** (10 each side) on 25cm box

Five rounds of the following with 30sec rest between rounds:

Box jumps on 45cm box – 30sec

Step-ups on 45cm – 1 min

Day Four: Boxing and Yoga

Utilize the [Jedi Path](#) for some yoga, or take a class, or even use YouTube.

Also, do some boxing, which we love here at SHJ.

I mean, most superheroes we know are pretty decent at defending themselves...

Day Five: Spartan Training

Warm Up

10-30 min of yoga or stretching

Workout

Row 10 minutes: easy pace

Two rounds of the following with 2-3min rest between rounds:

Lunge 10m forward

Lunge 10m backward

10m of 5sec **plank + broad jump Lunge** 10m forward
Lunge 10m backward

Three rounds of:

10m dumbbell bear crawl with one-arm row in each 'step' using
5kg dumbbells

Three rounds of the following with 1min rest between rounds:

10x **ball slam** (5kg ball) and lateral jump over pallette

20m **bear crawl**

Then:

20x **step-up** (10 each side) on 25cm box

Five rounds of the following with 30sec rest between rounds:

Box jumps on 45cm box – 30sec

Step-ups on 45cm – 1 min