

NATALIE DORMER

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.

Natalie Dormer

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm going to program 3 days of circuit and cardio styled workouts. The other days will be on you to get out and get active! Do some yoga, hiking, sports, pilates, cycling – or any other fun activity you can think of!

Day One: Cardio and Circuit Training

Warm Up:

Stretch

800m jog

3×5 Push Ups

3×10 Air Squats

3×16 Lunges

Workout:

5 Rounds for Time (try to improve each time):

400m jog

25 Jump Squats

20 Mountain Climbers

15 Plank to Push Ups

10 Burpees

5 Box Jumps (or chair/ledge)

Day Two: Activity Day

CLIMB THE WALL!

No, really: get out there and get active.

I gave you a list of things you can choose from within the explanation, but there are tons of options!

Day Three: Cardio and Circuit Training

Warm Up:

Stretch

800m jog

3×5 Push Ups

3×10 Air Squats

3×16 Lunges

Workout:

3 Rounds for Time (try to improve each time):

800m jog

30 Jumping Lunges

25 Sit Ups

20 Push Ups

15 One Legged Squats (each leg)

10 Plank to Push Ups

5 Wall Climbs (or inch worms)

Day Four: Activity Day

CLIMB THE WALL!

No, really: get out there and get active.

I gave you a list of things you can choose from within the explanation, but there are tons of options!

Day Five: Cardio and Circuit Training

Warm Up:

Stretch

800m jog

3×5 Push Ups

3×10 Air Squats

3×16 Lunges

Workout:

5 Rounds for Time (try to improve each time):

400m jog

25 Box Jumps (or chair/ledge)

20 Burpees

15 Push Ups

10 Wall Climbs (or inch worms)

5 Jumping Lunges (each leg)