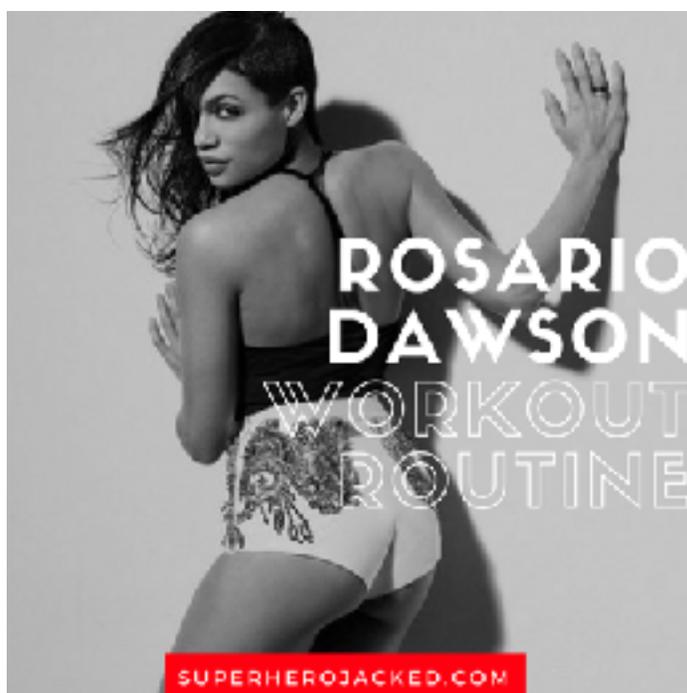


ROSARIO DAWSON WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Rosario Dawson Workout Routine

Training Volume:

3+ days per week

Explanation:

Dawson states that she likes to keep everything in moderation. For that reason I'll program you 2 days of training, and one day of pilates, yoga, and spin – but you can utilize them all to whichever extent you'd like.

Day One: Running

For running you can choose to stick to a steady pace and grow to further distances each time, or you can switch it up and do some High Intensity Interval Training (HIIT).

So, to start, choose between:

2-3 mile jog

OR

20-30 minutes of HIIT training

1 min on: jog 5.5-9mph

1 min off: walk 2.5-3.5mph

Day Two: Dawson's Favorite Stuff

Dawson's favorite training style is pilates, yoga, and spin.

Go out there and take a class, or utilize what we have within [The Academy](#).

The choice is yours, heroes!

Day Three: Bodyweight Training

Dawson mentions training on the go, and running being a great fit for that (aka traveling).

This is a bodyweight circuit you can utilize for that as well:

5 Rounds for Time:

5 Burpees

10 Push-ups (or Knee Ups)

15 V-Ups

20 Mountain Climbers

25 Jumping Lunges

30 Second Plank