

SIMONE MISSICK

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Simone Missick Workout Routine

Training Volume:

3-5 days per week

Explanation:

We're going to be splitting up Simone Missick's workout routine a bit so you'll be able to incorporate more or less days depending on how you feel.

Day One: Cardio, Weights and Kettlebells

Warm Up:

Stretch

3×5 Knee Push Ups

3×10 Jump Squats

Cardio:

Jog 1-3 miles depending on abilities

Weights:

Deadlift

4×10,8,5,3

Leg Press

3×10

Clean and Presses

3×10

Chest Flys (Cables or DBs)

3×10

Kettlebells:

Kettlebell Swings

3×10

Kettlebell Snatch

3×10

Day Two: MMA and Activity Day

As you've probably seen on the site before, an activity day is often called a "Cager" because it originated heavily with Mike Colters Luke Cage workout.

The basis of that workout routine tells you why within itself.

So, it's only fitting to have our own CAGERS, except this time they'll be KNIGHT style.

Get active, take an MMA class, follow Coach Derek's instructions in [The Academy](#), do a hike, play a sports, the options are endless. Get out there and use your fitness.

Day Three: Cardio, Weights and Kettlebells

Warm Up:

Stretch

3×5 Knee Push Ups

3×10 Jump Squats

Cardio:

Jog 1-3 miles depending on abilities

Weights:

Military Press

4×10,8,5,3

Weighted Step Ups

3×10

Power Cleans

3×10

Dips

3×10

Kettlebells:

Kettlebell Goblet Squats

3×10

Kettlebell Russian Twists

3×10

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Day Five: Cardio, Weights and Kettlebells

Warm Up:

Stretch

3×5 Knee Push Ups

3×10 Jump Squats

Cardio:

Jog 1-3 miles depending on abilities

Weights:

Back Squats

4×10,8,5,3

Lateral Pulldowns

3×10

Thrusters

3×10

Shoulder Flys

3×10

Kettlebells:

Kettlebell Deadlifts

3×10

Kettlebell Rows

3×10