

TATIANA MASLANY

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO** ⚡ **JACKED** 

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Tatiana Maslany

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

Maslany is pretty relaxed with her workout routine, but I'm going to program you 3 days that you'll be able to use, and then leave 2 days for you to utilize for biking, rollerblading and dancing!

Day One: Cardio, Circuit, and Core

Warm Up:

Stretch

Jog 800m

Workout:

3 Rounds for Time:

5 Burpees

10 Box Jumps

15 Mountain Climbers

20 Lunges

Core:

One Minute Plank Holds x 3 sets

Day Two: Maslany Day

You can take advantage of anything.

Get active and use your fitness!

You can do a SPIN Class, go biking, roller blading, dancing, or even utilize some of the bonuses in [The Academy](#) like fight training with Coach Derek, or the Instructional Yoga Videos from Sam.

Day Three: Cardio, Circuit, and Core

Warm Up:

Stretch

Jog 800m

Workout:

5 Rounds for Time

10 Jump Squats

10 Push Ups (or Knee Ups)

10 V-Ups

Core:

One Minute Plank Holds x 3 sets

Day Four: Maslany Day

You can take advantage of anything.

Get active and use your fitness!

You can do a SPIN Class, go biking, roller blading, dancing, or even utilize some of the bonuses in [The Academy](#) like fight training with Coach Derek, or the Instructional Yoga Videos from Sam.

Day One: Cardio, Circuit, and Core

Warm Up:

Stretch

Jog 800m

Workout:

1 Rounds for Time:

60 Calorie Bike

50 Box Jumps

40 Russian Twists

30 Clean and Presses (Light)

20 Pull Ups (or Pikes/Assisted)

10 Burpees

Core:

One Minute Plank Holds x 3 sets