

ANGELINA JOLIE

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Angelina Jolie

Workout Routine:

Training Volume:

5 days per week

Explanation:

Angelina likes to switch it up and incorporate kickboxing and yoga into some of her days. So I will be programming 5 days of training, but also keep in mind it's okay to take the same approach as her and work days like this in.

Day One: Chest and Triceps

Warm Up:

800m jog

Workout:

Dumbbell Bench Press

3×12

Chest Flys

3×10

Skull Crushers

3×10

Dips

3×15

Close Grip Bench Press

3×10

Incline Dumbbell Press

3×10

Day Two: Back and Biceps

Warm Up:

800m jog

Workout:

Deadlift

3×10

Step Up Bicep Curls

3×12

Pull Ups

3×10

Cable Rows

3×12

Dumbbell Rows

3×10

Push Ups

3×15

Day Three: Kickboxing and Yoga

Workout:

Incorporate Kickboxing, Yoga and Meditation today.

It's also important to frequently incorporate it in other days sporadically as well. This is a 5 day routine, but I'm only programming it one day, so make sure you program it in accordingly.

Day Four: Legs and Calves

Warm Up:

800m jog

Workout:

Front Squats

3×10

Calf Raises (Machine)

3×20

Leg Press

3×12

Weighted Leg Pushdowns

3×20

Calf Raises (Hold Dumbbells)

3×20

Hamstring Curls

3×12

Day Five: Shoulders and Upper Body

Warm Up:

800m jog

Workout:

Military Press

3×10

DB Shoulder Front Raises

3×12

Arnold Presses

3×10

Pull Ups

3×10

Cable Shoulder Flys

3×12

Push Ups

3×15