

# ANGELINA JOLIE

## 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.

# 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