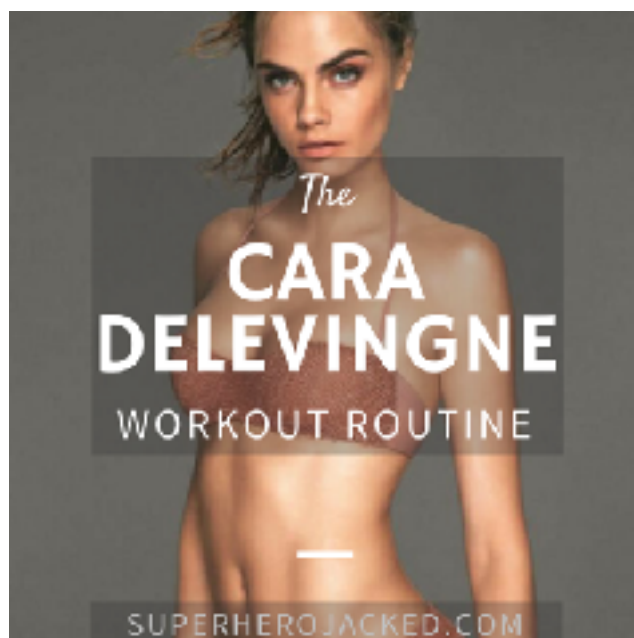


# CARA DELEIVINGNE

# WORKOUT ROUTINE



## BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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# Cara Delevingne

## Workout Routine:

### **Training Volume:**

As often as possible.

### **Explanation:**

I'm going to program a circuit styled routine that you could utilize as often as you'd like, and also some cardio as a filler for when you're not getting out and getting active. These are both to be utilized on days you're not using some form of "fun" alternative, which I'll also list examples of.

## Quick Circuit:

3 Rounds for time:

10 Burpees

20 Knee Push Ups

10 Sit Ups

20 Mountain Climbers

10 Dips (Chair/Stair)

20 Jumping Jacks

10 Jump Squats

## HIIT Cardio:

20 Minutes of HIIT of your choice:

### **Treadmill:**

1 min on: 6+ mph

1 min off: 2.5-3.3 mph

### **Bike:**

1 min on: 100+ rpms level 7+

1 min off: steady rpms above 50, level 3+

## Fun Workout Alternatives:

Hiking

Sports

Outdoor Activities

Yoga

Spin Class

Pilates