

EMILIA CLARKE

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.

Emilia Clarke Workout Routine

Training Volume:

3-5 Days

Explanation:

We're going to be utilizing 3 days of weight training, and then 2 days of cardio or kickboxing. You can choose to utilize the kickboxing and mini-circuits, or do a long steady cardio session, or get active.

Day One: Chest and Triceps

Warm Up:

10 Minutes of Treadmill Jog, Bike, or Elliptical

Workout:

Bench Press

4x10

Tricep Pushdowns

3x10

Push Ups (or Knee Ups)

3x20

Dips

3x15

Mini Circuit:

60 Seconds Heavy Bag or Shadow Boxing

50 Air Squats

40 Knee Ups

30 Lunges

20 Burpees

Day Two: Activity Options

Kickboxing, Cardio or Activity Day

You can also choose to incorporate Yoga, which I like to use the Yoga Studio App for.

Cardio Options:

Long and steady on one, or split between all three, for 60 minutes:

Treadmill, Bike, Elliptical

Day Three: Back and Biceps

Warm Up:

10 Minutes of Cardio

Workout:

Deadlift

4x10

Bicep Curl Step Ups

3x10

Cable Rows

3x10

Wide Grip Pull Ups (Or Assisted, or Pike Push Ups)

3x10

Mini-Circuit:

3 Rounds:

20 Kettlebell Deadlifts

20 Mountain Climbers

20 Jump Squats

Day Four: Activity Options

Kickboxing, Cardio or Activity Day

You can also choose to incorporate Yoga, which I like to use the Yoga Studio App for.

Cardio Options:

Long and steady on one, or split between all three, for 60 minutes:

Treadmill, Bike, Elliptical

Day Five: Legs and Shoulders

Warm Up:

10 Minutes of Cardio

Workout:

Back Squats

4x10

Military Press

4x10

Leg Press

3x10

Arnold Press

3x10

Mini-Circuit:

9 Minute Tabata

(20 Seconds One Exercise, 10 Second Break and Onto the Next – Rinse and Repeat)

Exercises:

Step Ups

Chin Ups or Arnold Presses

Jumping Lunges