

# HALLE BERRY

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Halle Berry

## Workout Routine:

### Training Volume:

3-7 days

### Explanation:

Berry states that she gets physical activity in everyday for at least 30 minutes. For that reason I'm going to add in activity days 2 times a week, but you can program more in for yourself as well.

This will include cardio, or simply getting active. I will also program 3 days of mandatory training.

## Day One: Cardio and Circuit

### Cardio:

20 minutes of treadmill

Walk/Run on and off

### Warmup:

3×10 Push Ups

3×15 Air Squats

3×60 second planks

**Circuit:**

5 Rounds:

10 Jump Squats

25 Mountain Climbers

25 Leg Raises (laying on back)

25 Flutter Kicks

10 Lunges (each leg)

## Day Two: Activity Day

Get active!!!

Do yoga, pilates...go biking...play some sports...go on a hike...

Do something SuperHuman!

## Day Three: Cardio and Circuit

## **Cardio:**

20 minutes of elliptical

Keep it steady paced

## **Warmup:**

3×10 Push Ups

3×15 Air Squats

3×60 second planks

## **Circuit:**

3 Rounds:

400m jog

20 Burpees

15 Clean and Presses

10 Box Jumps

# Day Four: Activity Day

Get active!!!

Do yoga, pilates...go biking...play some sports...go on a hike...

Do something SuperHuman!

## Day Five: Cardio and Circuit

### **Cardio:**

20 minutes of bike

Keep it steady paced

### **Warmup:**

3×10 Push Ups

3×15 Air Squats

3×60 second planks

### **Circuit:**

1 Round:

70 calorie row (or sub treadmill/elliptical/stairs)

60 V-Ups

50 Step Ups

40 Jump Squats

30 Knee Push Ups

20 Burpees

10 Pistol Squats