

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