

JENNIFER LAWRENCE

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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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.

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Jennifer Lawrence Workout Routine

Training Volume: 4 Days

Optional Training:

Yoga on Off-Days, or Insert an Extra Day of Activity or Circuits for up to 5 training days

Training Style:

Active Days/Cardio Days and Full-Body Circuit Training

Day One: Full Body Circuit

Warm Up:

800m jog

3x5 Pull Ups (or Pike-Push Ups)

3x10 Dips

3x15 Push Ups (or Knee Push Ups)

Workout:

10 Burpees

15 Sit Ups

20 Lunges

25 Clean and Squats w/ Dumbbells

30 Box Jumps

25 Clean and Squats

20 Lunges

15 Sit Ups

10 Burpees

Day Two: Activity or Cardio

Get Active!

Take a fitness class: pilates, cycling, dance, etc.).

Go for a hike!

OR

Cardio Options:

20 minutes of HIIT on Treadmill

1 min on: Treadmill Run on 6-9 mph

1 min off: Treadmill Walk on 2.5-3.5 mph

20 minutes of HIIT on Bike

1 min on: RPMs above 100 on Level 10

1 min off: RPMs steady 50-75 on Level 3

Day Three: Full Body Circuit

Warm Up:

800m jog

3x10 Lunges

3x15 Push Ups

3x20 Air Squats

Workout:

5 Rounds:

400m jog

15 Clean and Press (w/ barbell)

10 Deadlift

5 Squats

Day Four: Activity or Cardio

Get Active!

Take a fitness class: pilates, cycling, dance, etc.).

Go for a hike!

Go biking!

OR

Cardio Options:

20 minutes of HIIT on Treadmill

1 min on: Treadmill Run on 6-9 mph

1 min off: Treadmill Walk on 2.5-3.5 mph

20 minutes of HIIT on Bike

1 min on: RPMs above 100 on Level 10

1 min off: RPMs steady 50-75 on Level 3