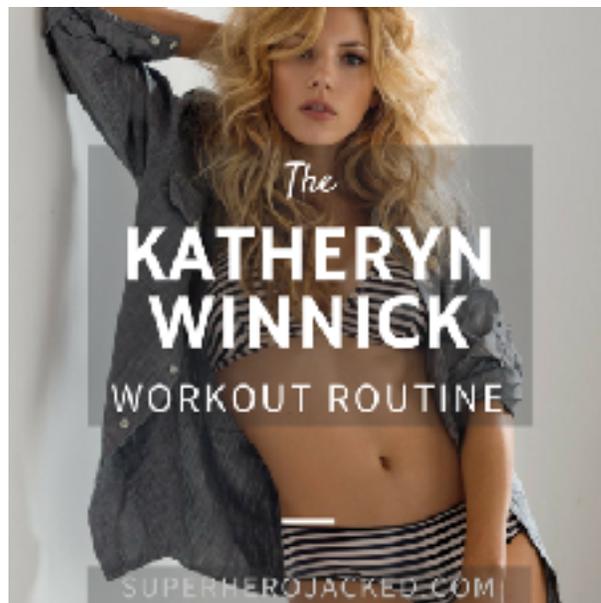


KATHERYN WINNICK

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Katheryn Winnick

Workout Routine:

Training Volume:

3+ days

Explanation:

I'm going to program 3 days of weight training, but this routine is also contingent on you being active (like Winnick).

Day One: Squats and Core

Warm Up:

800m jog

Workout:

Back Squats

5×10

Straight Leg Deadlift

3×10

Weighted Step Ups

3×20

Hanging Knee Raises

3×10

Leg Press

3×10

Hamstring Curls

3×10

3 Sets of Ab Circuit:

25 Crunches

25 Leg Raises

25 Flutter Kicks

30 Second Plank Hold

Day Two: Cager aka Activity Day

Winnick says: "A combination of weight training, fighting, boxing, and enjoying outdoor activities such as hiking, jogging, horseback riding and kayaking."

So cut out the weight training portion (we have that covered) and try to utilize something from the rest of her quote!

Day Three: Deadlift and Core

Warm Up:

800m jog

Workout:

Deadlift

5×10

Cable Rows

3×10

Push Ups

3×20

Pull Downs (Wide or Close Grip)

3×10

Plank Holds

3×60 Seconds

Dumbbell Rows

3×10

3 Sets of Ab Circuit:

25 Crunches

25 Leg Raises

25 Flutter Kicks

15 Second Reverse Superman Hold

Day Four: Cager aka Activity Day

Winnick says: "A combination of weight training, fighting, boxing, and enjoying outdoor activities such as hiking, jogging, horseback riding and kayaking."

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Day Five: Upper Body and Core

Warm Up:

800m jog

Workout:

Military Press

3×10

Dips

3×10

Chest Press

3×10

Arnold Press

3×10

Tricep Overhead Extension

3×10

Burpees

3×10

3 Sets of Ab Circuit:

25 Crunches

25 Leg Raises

25 Flutter Kicks

30 Second Plank Hold

Day Six: Cager aka Activity Day

Winnick says: "A combination of weight training, fighting, boxing, and enjoying outdoor activities such as hiking, jogging, horseback riding and kayaking."

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