

# KATHERYN WINNICK

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **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

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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."

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



