

# KATIE CASSIDY

## WORKOUT ROUTINE



**BONUS PDF FILE**

**BY: MIKE ROMAINE**

 **SUPERHERO**  **JACKED** 

## **Copyright Notice**

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

## **Disclaimer and/or Legal Notices**

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

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.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

# Katie Cassidy

# Workout Routine

## Training Volume:

3-5 Days

## Explanation:

3 Days of Weightlifting 2 Days of Activity

## Day One: Chest and Triceps

Bench Press (Bar or Dumbbells)

3x10

Skull Crushers

3x10

Chest Flys

3x10

Tricep Push Downs

3x10

Push Ups

3xFailure

Dips

3xFailure

## Ab Circuit:

30 Second Plank Hold

25 Crunches

20 Leg Lifts

## **Day Two: Activity Day**

Insert Yoga, Cardio, Hiking, Spin Class or GET ACTIVE!

(If no activity insert Ab Circuit and 30 Minutes of Cardio)

**\*\*I like to do 10 MIN of HIIT, 5 Min Cool-down, and 15 Min Steady Cardio\*\***

### **HIIT Options:**

Treadmill 1 min on 1 min off:

1 min on: Run 5-8 mph

1 min off: Walk 2.5-3.5mph

Bike 1 min on 1 min off:

1 min on: Keep RPMs above 100 on Lvl 7-10

1 min off: Keep Steady RPMs on Lvl 3-5

### **Steady Options:**

15 Min Steady Treadmill

15 Min Steady Elliptical

## **Day Three: Legs and Shoulders**

Leg Press

3x10

Military Press

3x10

Squats

3x10

Front Raises

3x10

Weighted Step Ups

3x10

Pull Ups

3xFailure

**Ab Circuit:**

30 Second Plank Hold

25 Crunches

20 Leg Lifts

## **Day Four: Activity Day**

Insert Yoga, Cardio, Hiking, Spin Class or GET ACTIVE!

(If no activity insert Ab Circuit and 30 Minutes of Cardio)

**\*\*I like to do 10 MIN of HIIT, 5 Min Cool-down, and 15 Min Steady Cardio\*\***

**HIIT Options:**

Treadmill 1 min on 1 min off:

1 min on: Run 5-8 mph

1 min off: Walk 2.5-3.5mph

Bike 1 min on 1 min off:

1 min on: Keep RPMs above 100 on Lvl 7-10

1 min off: Keep Steady RPMs on Lvl 3-5

**Steady Options:**

15 Min Steady Treadmill

15 Min Steady Elliptical

## Day Five: Back and Biceps

Deadlift

3x10

Bicep Curls

3x10

Cable Rows

3x10

Hammer Curls

3x10

Lateral Pull Downs

3x10

Cable Curls

3x10

### **Ab Circuit:**

30 Second Plank Hold

25 Crunches

20 Leg Lifts