

KATRINA LAW

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO** ⚡ **JACKED** 

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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.

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Katrina Law

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

These circuits can be incorporated more than once per week. Utilize them and mix and match to get in as many days as you can over that 3 day marker.

Circuit One:

Warm Up:

400m jog

3×5 Dips

3×10 Push Ups

3×15 Air Squats

Circuit:

70 Double Unders

60 Pistol Squats (double it if you can't do pistols and switch to air squats)

50 Leg Raises

40 Burpees

30 Box Jumps

20 Push Ups

10 Wall Balls

Circuit Two:

Warm Up:

3×5 Dips

3×10 Push Ups

3×15 Air Squats

Circuit:

5 Rounds for Time:

400m run

15 Clean and Presses

25 Mountain Climbers

5 Burpees

Circuit Three:

Warm Up:

400m jog

3×5 Dips

3×10 Push Ups

3×15 Air Squats

Circuit:

3 Rounds for Time:

20 Weighted Lunges

100m Sprint

100m Slow Jog Back

20 Jump Squats

100m Spring

100m Slow Jog Back

20 Plank to Push ups

100m Spring

100m Slow Jog Back