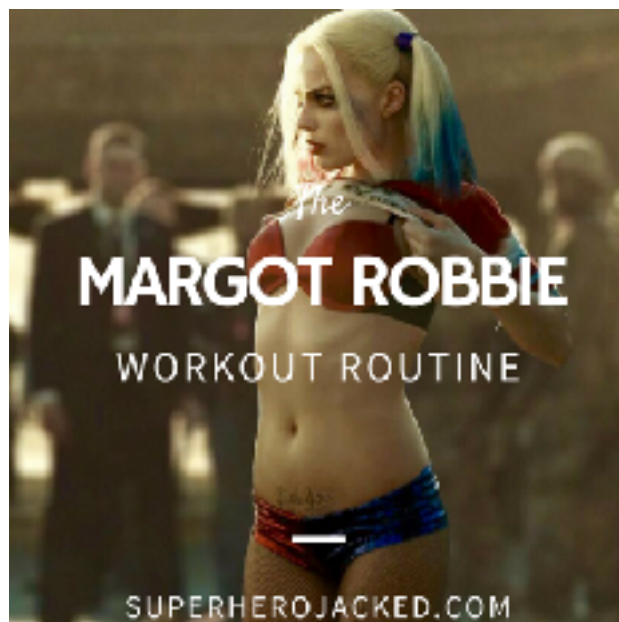


MARGOT ROBBIE

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.

Margot Robbie

Workout Routine

Training Volume:

3 Days Programmed, 3 Days Pilates, Cardio, Ballet

Explanation:

I'm going to program 3 days of training for you (it's like you're meeting with your coach), and it's your job to get in the other days, which can be 1-3 of pilates, cardio or ballet.

Day One: Legs and Butt

Warm Up:

Stretch
800m Jog

Workout:

Back Squats
5x10
Leg Press
3x10
Weighted Step Ups
5x10
Front Squats
3x10

Circuit:

60 Calorie Jog, Row, or Bike
50 Jump Ropes
40 Jump Squats
30 Mountain Climbers
20 Plank to Push Ups
10 Burpees

Day Two: Activity Day

Today is the day you get out there and do some of your own cardio, pilates, ballet, or other!
Go on a hike, get active, play some sports, etc.!

Day Three: Core and Upper Body

Warm Up:

Stretch
800m jog

Workout:

Military Press
3x10
Push Ups (or Knee Ups)
3x10
Plank to Push Ups
3x10
Pull Ups (or Pike Push Ups)
3x10
Chest Press
3x10

Circuit:

60 Calorie Jog, Row, or Bike
50 Jump Ropes
40 Jump Squats
30 Mountain Climbers
20 Plank to Push Ups
10 Burpees

Day Four: Activity Day

Today is the day you get out there and do some of your own cardio, pilates, ballet, or other!
Go on a hike, get active, play some sports, etc.!

Day Five: Back, Core and Legs

Warm Up:

Stretch
800m jog

Workout:

Deadlift

5x10
Plank Holds
3x60 seconds
Rows (Barbell, DB, or Cable)
3x12
Straight Leg Deadlift (BB or DB)
3x10
Leg Lifts
3x25

Circuit:

60 Calorie Jog, Row, or Bike
50 Jump Ropes
40 Jump Squats
30 Mountain Climbers
20 Plank to Push Ups
10 Burpees

Day Six: Activity Day

Today is the day you get out there and do some of your own cardio, pilates, ballet, or other!
Go on a hike, get active, play some sports, etc.!