

# MELISSA BENOIST

# 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.

**Melissa Benoist**

# Workout Routine:

## Training Volume:

3-6 Days a Week

## Explanation:

I'm programming you 3 days of cardio, core work and circuits, but you're going to have to add in 2-3 days of activities such as pilates, plyometrics, yoga, and other things.

## Day One: Core, Cardio and Circuits

### Cardio:

30 Minutes of Varied Cardio

\*\*You can split it up with sprints, walks and jogging on a treadmill, or you can split up the time by swapping to other machines like the stair master, elliptical, and bike – but do your best to get at least 10-15 minutes in on the treadmill.\*\*

### Circuit and Core Work:

5 Rounds:

25 Mountain Climbers

10 Burpees

25 Jump Squats

10 Plank to Push Ups

25 Lunges

## Day Two: Pilates, Yoga, Etc.

This can easily be implemented on your own. If you need me to send you a video for pilates work, please ask in the comments.

You can also use Yoga Studio App for yoga implementation.

## Day Three: Core, Cardio and Circuits

### **Cardio:**

30 Minutes of Varied Cardio

\*\*You can split it up with sprints, walks and jogging on a treadmill, or you can split up the time by swapping to other

machines like the stair master, elliptical, and bike – but do your best to get at least 10-15 minutes in on the treadmill.\*\*

### **Circuit and Core Work:**

1 Round:

100 Jump Ropes

90 V-Ups

80 Step Ups

70 Second Plank Hold

60 Knee Push Ups

50 Air Squats

40 Alternating Jumping Lunges

30 Sit Ups

20 Plank to Push Ups

10 Burpees

## **Day Four: Pilates, Yoga, Etc.**

This can easily be implemented on your own. If you need me to send you a video for pilates work, please ask in the comments.

You can also use Yoga Studio App for yoga implementation.

# Day Five: Core, Cardio and Circuits

## **Cardio:**

30 Minutes of Varied Cardio

\*\*You can split it up with sprints, walks and jogging on a treadmill, or you can split up the time by swapping to other machines like the stair master, elliptical, and bike – but do your best to get at least 10-15 minutes in on the treadmill.\*\*

## **Circuit and Core Work:**

4 Rounds:

400m run

25 Crunches

15 Leg Lifts

10 Jump Squats

5 Burpees