

OLIVIA MUNN

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Olivia Munn

Workout Routine

Training Volume:

3-5 Days

Explanation:

As I explained earlier, you don't need to commit as much as Olivia Munn did to training in order to get her physique. She's an absolute badass and did over 90% of her own stunts, on top of taking up sword fighting training.

I recommend utilizing more than 3 days if possible, especially for getting in your best shape, and losing fat/weight, but get in whatever you can and form your habit.

Day One: Cardio and Circuit

Warm Up:

3×10 Push Ups

3×15 Sit Ups

3×20 Air Squats

Cardio:

30 Minutes of Cardio:

10 Minutes of HIIT Training on Treadmill:

1 min on: Sprint 5-9 mph

1 min off: Walk 2.5-3.5 mph

5 Minute Cooldown

15 Minutes Steady Paced on Elliptical or Bike

Circuit:

60 Second Plank Hold

50 Jump Ropes

40 Mountain Climbers

30 Jump Squats

20 Burpees

10 Alternating One Legged Squats

Day Two: Activity Day

60 Minutes of: Boxing, Hiking, Yoga, Active Sports or Combination of Multiple.

Day Three: Cardio and Circuit

Warm Up:

3×10 Push Ups

3×15 Sit Ups

3×20 Air Squats

Cardio:

30 Minutes of Cardio:

10 Minutes of HIIT Training on Treadmill:

1 min on: Sprint 5-9 mph

1 min off: Walk 2.5-3.5 mph

5 Minute Cooldown

15 Minutes Steady Paced on Elliptical or Bike

Circuit:

5 Rounds:

30 Wall Balls

15 Box Jumps

Day Four: Activity Day

60 Minutes of: Boxing, Hiking, Yoga, Active Sports or Combination of Multiple.

Day Five: Cardio and Circuit

Warm Up:

3×10 Push Ups

3×15 Sit Ups

3×20 Air Squats

Cardio:

30 Minutes of Cardio:

10 Minutes of HIIT Training on Treadmill:

1 min on: Sprint 5-9 mph

1 min off: Walk 2.5-3.5 mph

5 Minute Cooldown

15 Minutes Steady Paced on Elliptical or Bike

Circuit:

3 Rounds:

20 Deadlifts

15 Box Jumps

10 Air Squats