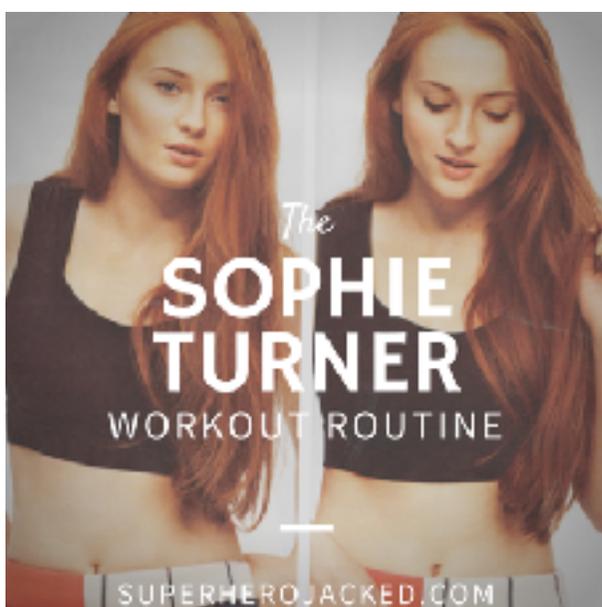


# SOPHIE TURNER

# WORKOUT ROUTINE



## BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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# Sophie Turner

## Workout Routine:

### Training Volume:

4 Days

### Explanation:

You're going to be training with me 3 days, and the other two days are on you! Get outside and get active. Go for a hike, a jog, cycling, yoga, sports, etc. etc...!

## Day One: Full Body

### Warm Up:

1600m jog

### Workout:

Kettleball Swings

3×12

Jump Squats

3×15

Weighted Step Ups (can hold KB)

3×12

Kettlebell Deadlifts

3×10

Burpees

3×10

Goblet Squats

3×10

## Day Two: Cager aka Activity Day

Okay, so I'm slowly bringing Cager into the front. I'm pretty sure it's usually "Activity Day aka Cager", but Chef Dave would definitely like this.

Get outside and get active! Go jogging, go cycling, go hiking, do something fun! Hit some yoga, pilates, anything. Mixed martial arts training with **Coach Derek?**

## Day Three: Full Body

### **Warm Up:**

1600m jog

### **Workout:**

Box Jump and Squat

3×12

Overhead Press (resistance band or DB)

3×12

Air Squats

3×15

Weighted Lunges

3×12

Plank to Push Ups

3×15

Burpees

3×10

## Day Four: Cager aka Activity Day

Get outside and get active! Go jogging, go cycling, go hiking, do something fun! Hit some yoga, pilates, anything. Mixed martial arts training with **Coach Derek?**

## Day Three: Full Body

### **Warm Up:**

1600m jog

### **Workout:**

Kettlebell Squats

3×12

Pull Ups (assisted) or Pike Push Ups

3×10

Push Ups or Knee Ups

3×20

Back Squats (or resistance band squats)

3×12

Burpees

3×10

One Minute Plank Holds

3×60 seconds