

ZOE SALDANA

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.

Zoe Saldana

Workout Routine:

Training Volume:

3-6 Days

Explanation:

You're going to utilize pilates and yoga 3 days a week, and I'll also program you another 3 days of cardio and small circuits to use. This should all be paired with a clean diet (which is key!).

Day One:

Cardio Options:

2-3 mile jog

5-10 mile bike ride

30-45 min elliptical or stair master session

OR, take a slice from each and incorporate them all!

Circuit:

3 Rounds:

10 Squat Jumps

10 Plank to Push-Ups

10 V-Ups

10 Burpees

10 Pike Push Ups

10 Lunges

Day Two:

Pilates or Yoga Day!

Zoe loved Yoga, but also utilized pilates as well. Do whichever you can fit in today, even if it's only 15-30 minutes of it on the YogaStudio App!

Day Three:

Cardio Options:

2-3 mile jog

5-10 mile bike ride

30-45 min elliptical or stair master session

OR, take a slice from each and incorporate them all!

Circuit:

1 Round:

60 V-Ups

50 Squat Jumps

40 Lunges

30 Pike Push Ups

20 Burpees

10 Plank to Push-Ups

Day Four:

Pilates or Yoga Day!

Zoe loved Yoga, but also utilized pilates as well. Do whichever you can fit in today, even if it's only 15-30 minutes of it on the YogaStudio App!

Day Five:

Cardio Options:

2-3 mile jog

5-10 mile bike ride

30-45 min elliptical or stair master session

OR, take a slice from each and incorporate them all!

Circuit:

5 Rounds:

10 Squat Jumps

5 Plank to Push-Ups

10 V-Ups

5 Burpees

10 Lunges

5 Pike Push Ups

Day Six:

Pilates or Yoga Day!

Zoe loved Yoga, but also utilized pilates as well. Do whichever you can fit in today, even if it's only 15-30 minutes of it on the YogaStudio App!