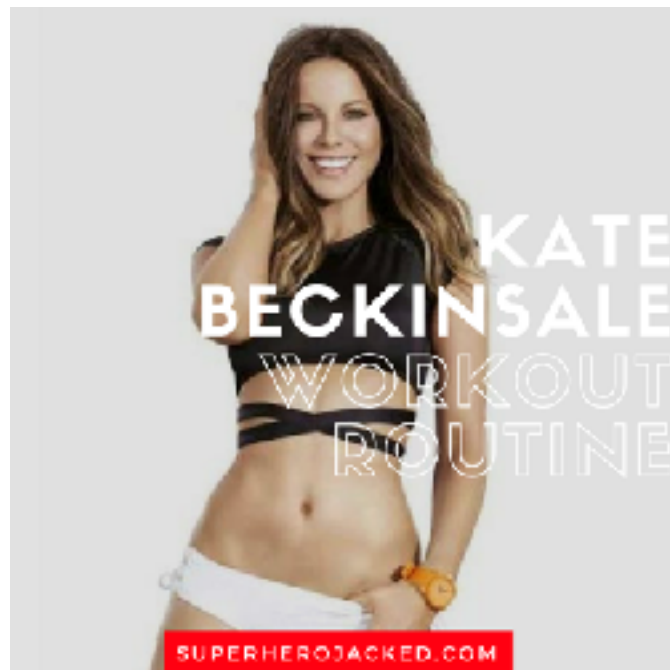


KATE BECKINSALE

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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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.

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Kate Beckinsale

Workout Routine:

Training Volume:

5-6 days per week

Explanation:

Beckinsale mentions that she trains 5-6 days a week with her trainer, switching up the workouts and utilizing everything from yoga, to intense cardio, and circuit training. We'll do the same!

Day One: Long Circuit Training

Warm Up:

Stretch

3×5 Knee Push Ups

3×10 Air Squats

Circuit:

80 Calorie Row (or Jog)

70 Mountain Climbers

60 Wall Balls

50 Jumping Lunges

40 Sit Ups

30 Clean and Presses

20 Burpees

10 Pull Ups

Day Two: Cardio and Circuit Training

Warm Up:

Stretch

3×5 Assisted Pull Ups

3×10 Knee Push Ups

3×15 Air Squats

Cardio:

15-20 min HIIT Cardio

Option One:

Treadmill

One Minute On: Run 1 minute on 5.5-9mph

One Minute Off: Walk 1 minute on 2.5-3.3mph

Bike

One Minute On: Keep RPMs above 100 on intensity level 5-10

One Minute Off: Keep RPMs steady around 50-70 on intensity level 3-5

Circuit:

3 Rounds for Time

25 Walking Lunges

15 Bodyweight Rows

10 Jump Squats

5 Burpees

Day Three: Activity Day and/or Yoga

Today is going to be an active day for you to choose between some hot yoga, yoga programming in [The Academy](#), or even some other form of fitness.

Get out there and use YOUR fitness.

You can go hiking, play sports, or anything else that is going to get you moving.

If not, throw in some 30-60 min cardio mixed with HIIT and slow and steady paced.

Day Four: Long Circuit Training

Warm Up:

Stretch

3×5 Knee Push Ups

3×10 Air Squats

Circuit:

5 Rounds for Time

10 Jumping Jacks

10 Box Jumps

10 Push Ups

10 Mountain Climbers

10 V-Ups

10 Russian Twists

Day Five: Cardio and Circuit Training

Warm Up:

Stretch

3×5 Assisted Pull Ups

3×10 Knee Push Ups

3×15 Air Squats

Cardio:

15-20 min HIIT Cardio

Option One:

Treadmill

One Minute On: Run 1 minute on 5.5-9mph

One Minute Off: Walk 1 minute on 2.5-3.3mph

Bike

One Minute On: Keep RPMs above 100 on intensity level 5-10

One Minute Off: Keep RPMs steady around 50-70 on intensity level 3-5

Circuit:

1 Round for Time:

25 Pull Ups

50 Deadlifts

50 Push Ups

50 Box Jumps

50 Floor Wipers

50 Clean and Press

25 Pull Ups

****Scale when necessary****

If this looks familiar, it's because it is the 300 WOD (which usually runs two times through), and I love it.

Day Six: Activity Day and/or Yoga

Today is going to be another active day for you to choose between some hot yoga, yoga programming in [The Academy](#), or even some other form of fitness.

Get out there and use YOUR fitness.

You can go hiking, play sports, or anything else that is going to get you moving.

If not, throw in some 30-60 min cardio mixed with HIIT and slow and steady paced.

Feel free to also use today to repeat any of the circuits you really like.