

KAREN GILLAN

WORKOUT ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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Karen Gillan

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

We're going to be training 3 days a week revolving around compound lifting and that "bulk" we talked about, and then another two days fully committed to fight training and cardio.

Day One: Chest and Triceps

Warm Up:

Stretch

3 Rounds of 60 seconds on a Heavy Bag

3×100 Jump Rope

Workout:

Bench Press

3×10

Tricep Cable Pushdowns

3×10

Incline Bench Press

3×10

Tricep Cable Kickbacks

3×10

Chest Flys

3×10

Skull Crushers

3×10

Day Two: MMA, Fighting and Cardio

Warm Up:

Stretch

800m jog

Workout:

Utilize The Academy fight style training, YouTube training videos to get moving and do some mixed martial arts, or even take some classes.

If you can't do any of this, add in an extra 30-60 minutes of cardio or activity on these days.

Day Three: Legs and Shoulders

Warm Up:

Stretch

3 Rounds of 60 seconds on a Heavy Bag

3×100 Jump Rope

Workout:

Squats

3×10

Military Press

3×10

Leg Press

3×10

Shoulder Front Raises

3×10

Weighted Step Ups

3×10

Clean and Squats

3×10

Day Four: MMA, Fighting and Cardio

Warm Up:

Stretch

800m jog

Workout:

Utilize The Academy fight style training, YouTube training videos to get moving and do some mixed martial arts, or even take some classes.

If you can't do any of this, add in an extra 30-60 minutes of cardio or activity on these days.

Day Five: Back and Biceps

Warm Up:

Stretch

3 Rounds of 60 seconds on a Heavy Bag

3×100 Jump Rope

Workout:

Deadlift

3×10

Chin Ups

3×10

Cable Rows

3×10

Cable Bicep Curls

3×10

Pull-downs (Wide or Close)

3×10

Hammer Curls

3×10