

RACHEL MCADAMS

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Rachel McAdams

Workout Routine:

Training Volume:

5+ days per week

Explanation:

I'm going to be giving you McAdams routine that her trainer gave Shape.com, and also two days of programming that can either include the yoga, biking, or some other HIIT training.

Option One: High Intensity Interval Training

30 minutes of HIIT of one of the options below:

Treadmill:

1 min on:

Run 5.5-9 mph

1 min off:

Walk 2.5-3.5 mph

Bike:

1 min on:

Keep RPMs above 100 with level 7+

1 min off:

Steady RPMs above 50 with level 3-

Option Two: McAdams' High Intensity Trainer's Program

You'll Need: Exercise mat, Kettle Ball, Box

How it Works: Owen's workout focuses on metabolic conditioning, which works more of your fast twitch muscle fibers. You'll start with a dynamic and advanced warm-up, a ¼ mile jog, and then 12 rounds of very intense moves done with no rest between sets.

"You'll work the entire body, burn more fat, increase your heart rate and psychologically...you know you're going to have to bring your A-game, so it makes it that much more rewarding when you complete this," Owen says.

STEP 1: DYNAMIC WARMUP: Mark Verstegen's Movement Prep

-Hip Crossovers (12 reps each side)

-Scorpions (12 reps each side)

-Lateral Lunges (12 reps each leg)

-Sumo Squats (12 reps)

-Forward Lunges (12 reps each leg)

-1/4 Mile Jog

STEP 2: ADVANCED WARMUP: Complete five rounds, back to back

-Squats (12 reps)

-Push Ups (12 reps)

-Jumping Jacks (12 reps)

STEP 3: WORKOUT: Complete 12 rounds with no rest between sets. After every 3rd round, sprint 1/4 mile as fast as you can.

-Kettle Ball Swings (5 swings)

-Box Jumps (5 jumps)

-Burpees (5 reps)

Tip: Set a performance goal rather than just an aesthetic one, and time this workout so you can try to do it faster every time.

“Celebrities often focus on how well they can make their body perform instead of focusing on how good it will look,” Owen says. “You’ll always feel more confident in reaching your goals if it’s performance based.”

Option Three: Yoga or Biking

McAdams loves biking and yoga, so if you want to utilize this day towards that, that is completely fine – if not encouraged!

Head out to a cycling class, hop on the bike outside, do some yoga, head to a class, or even utilize The Jedi Path within [The Academy](#).